Spoken Tibetan Basics

A Spoken Tibetan Language Primer

A no-nonsense approach to learning spoken Tibetan

Ngarampa Sangye Tsultrim / Venerable Tenzin Tharpa

Spoken Tibetan Basics

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Let's all work together in preserving the Tibetan culture for future generations.

Dedication

For Ritesh, this text is for you.
Remember, all you have to do is breathe.

Ritesh was my first Tibetan language student and the inspiration for this text.
- Tenzin Tharpa

Any mistakes in this text are solely the responsibility of its editors
and not that of our wonderful teachers.

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Praise to Manjushri

I bow down to you, O Manjushri.
With the brilliance of your wisdom, O compassionate one,
Illuminate the darkness enclosing my mind.
Enlighten my intelligence and wisdom,
So that I may gain insight into the Buddha's words
and the texts that explain them.

May all beings benefit from any merit gained from this joyous work.

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About this Text

Spoken Tibetan Basics is an introductory primer for the spoken Tibetan language.
This text was designed to be taught in the classroom with a qualified teacher to explain and help with the pronunciation and grammar. I made the decision to not divide this text into individual lessons so as to allow teachers the freedom to progress at their own speed. To keep this text as uncomplicated as possible, exercises were also omitted, assuming teachers could create their own lesson plans using this text. At the beginning levels of studying this text, classroom exercises need to be in 'oral form', since students at this beginning level have not yet learned to read or write Tibetan.

S**poken Tibetan Basics was written with a unique view in mind,** to create a text that would teach students to speak and understand basic spoken Tibetan as quickly and efficiently as possible. This text was stripped down to only the most relevant and useful information, with just enough grammar to get students speaking. It was not intended to be a linguistic masterpiece or an in-depth grammar resource.

Developing a text for Westerners to learn spoken Tibetan that works.
While living in south India I had the opportunity to ask many of the best Tibetan language speakers and language scholars in the world (both Tibetan and Western) about their thoughts on the best ways for Westerners to learn Tibetan. Without exception they all agreed. They recommended: first, learn to speak spoken Tibetan as quickly as possible to develop speaking and listening skills. Once some proficiency is acquired it is then easy for students to move onto more in-depth/formal Tibetan language studies.

This text was written within the standardized Tibetan U-tsang dialect.
Apart from a few Hindi or English words where no Tibetan words are used, the vocabulary in this text is 100% modern, spoken and useful. All honorific and literary Tibetan has been omitted from this text except for one small lesson on honorific speech. Also omitted are the endless lists of exceptions to grammatical rules that fill the pages of other texts.

This text began as a few sheets created for my first student to clarify and simplify some grammatical points, but after reaching thirty pages it became clear that it was time for me to begin writing this text in its entirety. Also, this text seemed to be desperately needed. While other Tibetan language texts written for English speakers are either too difficult - overly stuffed with un-useful honorific language, endless lists of irrelevant exceptions with literary and colloquial Tibetan confusingly mixed together, or the opposite, texts that are over simplified, lacking modern standardized linguistic terms - *Tenzin Tharpa*

<u>**About This Text's Editors**</u>

- **Ngarampa Sangye Tsultrim** is an author and teacher at Gyudmed Tantric Monastic University in South India. Sangye is a Tibetan Language Scholar and an expert on the Gelug tantras.

- **Venerable Tenzin Tharpa** is an American monk, English teacher and author, currently studying Tibetan language, debate and the Gelug tantras at Gyudmed Tantric Monastery.

Special thanks to: Venerable Tenzin Gache, Lobsang Tharchin, Jampa Kedrup, and Jampa Chopel for aiding in the creation of this text.

Challenges in Creating this Text

Creating a 'spoken' Tibetan language text.
Similar to English, Tibetan has a proper style of speech as well as a more popular slang style of speech.
In English and also Tibetan, everyday phrases get corrupted by continuous use, but most of us rarely notice. For example: simple phrases like: "What are you doing?" becomes "Wa-cha doin?" and in Tibetan this is also true. Usually words and phrases change simply because they're easier to pronounce, but no proper English teacher would ever write "Wa-cha doin?" in a text book, and of course Tibetan language teachers feel the same. With that said, I would like to thank my teacher for his courage and bravery for writing in such an informal manner in this text with the hope of benefiting Western students who wish to understand the '*actual*' Tibetan spoken language.

This text is written in *Ka-ke* or spoken Tibetan style.
The Tibetan written in this text tries to capture the nuances and accurate pronunciation of the spoken language (which is rarely written) while still trying to not wander too far from its proper written form.

The pronunciation of Tibetan is different in North India, South India, Tibet and abroad.
With the wish of starting to build a foundation for the work of standardizing the modern 'spoken' Tibetan language, special attention has been given to ensure that this text represents the widest and most popular range of Tibetan vocabulary and pronunciation used today. This text attempts to bridge the gap between the many different pronunciations currently in use, while offering the most conclusive standardization of modern spoken Tibetan currently available. So whether you are studying Tibetan in North India, South India, Tibet, Nepal or abroad, this text, its corresponding vocabulary and pronunciations are suitable for all.

Studying Tibetan within English grammar as opposed to Tibetan grammar.
There are many opinions to whether studying Tibetan is best done within English or Tibetan grammar.
For spoken Tibetan, a basic understanding of grammar is all that is needed to begin, so the choice was made to teach this text within English grammar simply for its ease of use. For proper studies in Tibetan, (reading, spelling, and especially writing) the knowledge of proper Tibetan grammar is essential, since many important points in Tibetan grammar simply have no equivalent within English grammar.

We hope that this primer makes learning Tibetan fun, easy and exciting for all.
Tibetan is an important language; historically, philosophically and culturally. Our wish is that by making Tibetan easy and fun to learn we may help to introduce and make it available to new generations.
May the wisdom and wonderful culture of the Tibetan people continue to shine.

Pronunciation in this Text

Pronunciation

When studying Tibetan, pronunciation is probably the most difficult challenge to deal with. Often it seems everyone you meet has a different pronunciation. Even within the Hunsur Tibetan Settlement in South India where this text was written, the monks and the local lay people *(many of whom were born in India and just a short walk down the road from the monastery)* sometimes have trouble understanding each other.

Some of the challenges while studying Tibetan:

- Tibetan sentence structure is the reverse of that of English.
- Dealing with the different Tibetan dialects.
- Still other different dialects from smaller areas along the Chinese-Tibetan border.
- Tibetan refugee speech is a mixture of dialects and languages including Hindi and English.
- Even within the same dialects, pronunciations can differ greatly.
- Understanding the different 'styles' of language: honorific, literary, spoken, religious.
- Tibetan is a tonal language with high, low, short, aspirated and rising tones.
- Tibetan is a very subtle language with many words having similar pronunciation.
- The un-emotional, flat style of Tibetan speech is difficult for some students to get used to.
- Study material for learning Tibetan is still limited and often inadequate.
- In written Tibetan there is no separation of spaces between words and sentences.

Some of the advantages while studying Tibetan.

- Though different regions have their own unique dialects, written Tibetan is the same for all.
- The Tibetan language has a comparatively small vocabulary compared to other languages.
- There is no gender assignment (male and female nouns) in the Tibetan language.
- A very simple style of speech is acceptable from simple people and/or beginners.
- Tibetans are very understanding and sympathetic listeners.

Some interesting things about Tibetan pronunciation.

- The last letter of many Tibetan words are pronounced softly or not at all.
- Having to spell words during conversations. Often you will hear Tibetans spelling to each other to clarify words during a conversation.

IPA - International Phonetics Alphabet

This text follows the International Phonetics Alphabet guide for its vowel pronunciation.

a - As in the word **– Mama**

i - As in the word - **Tree**

u - As in the word – **Shoe**

e - As in the word – **Day**

o - As in the word – **Row**

ö - Like the French vowel '**eu'**

About the Tibetan Language

There is no window into another culture like language.
All of a culture's hopes, fears, interests and aspirations can be seen through its use of words and even lack of words. Like the old story that tells of the Eskimos having 50 words for snow, the real focus of what is deemed important by a culture is seen through its words and Tibetan is no exception. For example, in Tibetan there are no words for frustration or guilt, but also no words for excitement or imagination. When you see this, the practical nature of the Tibetan culture and its people becomes apparent.

The different dialects in Tibetan.
In Tibet, every region has its own dialect and even within those same dialects pronunciations can differ greatly. Outside of Tibet, the Tibetan refugee communities use Tibetan dialect-mixes from all regions of Tibet that may even include words from other languages including Hindi and English.

The 4 main dialects of Tibet are:

- Amdo dialect – *North-East Tibet*
- Kham dialect – *South-East Tibet*
- Lhasa dialect - *Central Tibet*
- U-tsang dialect – *Central and Western Tibet*

This text was written within the standardized U-tsang dialect and pronunciation.
U-tsang is the standardized and agreed upon dialect for speaking and studying Tibetan. His Holiness the Dalai Lama urges all world students including Tibetans, to study the U-tsang dialect and pronunciation.

Different spoken forms of Tibetan
One unique characteristic of the Tibetan language is its many different forms of speech. From honorific speech with its own honorific vocabulary, to common village speech used by the simple farmers and nomads of Tibet, these different forms are almost languages in themselves.

In the Tibetan language there is:

- Honorific speech – She-sa / ཞེ་ས་
- Religious speech – Chö-ke / ཆོས་སྐད་
- Literary speech – Yi-ke / ཡིག་སྐད་
- In-formal speech – Pel-ke / ཕལ་སྐད་
- Colloquial speech – Ka-ke / ཁ་སྐད་
- Village speech – Tong-ke / གྲོང་སྐད་

Different written forms of Tibetan
The Tibetan script also has many different and beautiful written forms. Some are elegant and formal while others were created for usefulness and speed. It's important to remember that though there are many different dialects in spoken Tibetan, the written language remains the same for all, regardless of dialect.

In the Tibetan written language the two most popular written scripts are:

- U-chan / དབུ་ཅན་ - a print style script, used in classical Tibetan and in religious texts.

  Example: བསམ་པ་བཟང་ན་ས་དང་ལམ་ཡང་བཟང་།

- U-me / དབུ་མེད་ - a cursive style script, used in everyday matters and letter writing.

  Example: བསམ་པ་བཟང་ན་ས་དང་ལམ་ཡང་བཟང་།

Tibetan Language

Quick Start Guide

To get you speaking right away we've included this quick start guide.

With this guide you can start having fun right away trying out some basic Tibetan conversation, while at the same time getting a feel for pronunciation and developing your listening skills. This quick start guide was written in English and is intended to be used while learning the proper Tibetan in this text. The English language does not have the ability to correctly notate the pronunciation of Tibetan letters. The Tibetan language is a complex tonal language and must be learned in the original Tibetan using Tibetan letters. The English version offered here, is only a cheap substitute for the proper Tibetan pronunciation and was only added to facilitate a 'quick start' to some basic Tibetan words and phrases.

This text was written for English speaking students.
We contemplated writing this text using a straight forward English pronunciation notation for ease of use. But ultimately knowing that most students studying Tibetan are also studying Buddhism, as well as other Tibetan language texts which are usually written in IPA - the International Phonetics Alphabet, IPA was chosen for a standardized phonetic approach to this text.

Don't fight it…Dig in!
The IPA is easy to get used to. In this text the IPA pronunciation only pertains to vowel sounds.
Dig in and master it, and all your future studies will benefit.

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o - As in the word – **Row**

ö - As in the French vowel '**eu'**

- *Notation of aspirated tones usually notated with an 'h' have been omitted for simplicity. Often when written in English, the added 'h' confuses many students when letters such as 'ch' which would need to be properly notated as 'chh' or 'sh' would need to be 'shh'. We hope that students will learn the proper Tibetan letters as quickly as possible and master the correct pronunciations*

- *The vocabulary and phrases in this 'Quick Start Guide' are repeated in the back of this text in the 'Popular Vocabulary by Topic' section, and is written with proper Tibetan letters and spelling.*

- **Important Information About Verbs in This Text -** In simple spoken Tibetan (unlike written Tibetan) present tense verbs are usually used for all tenses.

Tibetan Language

Quick Start Guide

Contents

- **Daily Speech** – *Greetings, comfortable substitutes, shortcuts, sentences starters.*
- **Polite Words** – *Everyday polite words.*
- **Who is Who** – *Pronouns, titles.*
- **Daily Concerns** – *Personal things, parts of the day, weather, colors, textures.*
- **Family** – *Family members.*
- **Coming and Going** – *Destinations.*
- **People** – *Appearance, emotions, personality, parts of the body.*
- **Travel** – *Transportation, directions.*
- **Restaurant** – *Staff, things, meals, foods.*
- **Shopping** – *Staff, stores, clothes.*
- **Work** – *Jobs.*
- **Office** – *Staff, equipment.*
- **School** – *Staff, books.*
- **Home** – *Rooms, bathroom items, bedroom items.*
- **Kitchen** – *Appliances, kitchen items.*
- **Buddhism** – *People, titles, places, items, beings, traditions, ritual items.*
- **Nature** – *Plants, animals.*
- **Grammar Quick List**
  - Postpositions
  - Conjunctions
  - Particle
  - Questions
  - Numbers
  - Time
  - Calendar
  - Useful words
  - Useful phrases
  - Clauses and modifying words
  - Common opposites
  - Common adjectives
  - Common adverbs

Quick Start Guide: Daily Speech

Greetings		
1.	Hello	*Ta-shi de-le*
2.	Good morning	*Nga-to de-le*
3.	Good afternoon	*Nying-gung de-le*
4.	Good evening	*Gong-do de-le*
5.	Good night	*Sim-cha nang-ko*
6.	Goodbye *(said to the person leaving)*	*Ka-le pep*
7.	Good bye *(said to the person staying)*	*Ka-le shu*

Slang		
1.	Hello *(hey)*	*We*
2.	*(I'm)* Fine	*De-bo*
3.	And you?	*Kye-rang*
4.	Thanks	*Tu-che*
5.	See you later	*Je-la jal-yong*
6.	Goodbye *(said to the person leaving)*	*Pep-ah*
7.	Good bye *(said to the person staying)*	*Shu-ah*

Basic Greetings			Slang Greeting	
Q:	Hello, How are you?	*Hello, you fine are ?* *Ta-shi de-le, kye-rang de-bo yin pe*	Q:	*Hey, fine?* *We, de-bo*
A:	Fine thanks, and you?	*Fine am thanks and you* *De-bo yin, tu-je-che, kye-rang*	A:	*Fine.* *De-bo*
Q:	Where are you going?	*Where going are* *Ka-wa do ki yin*	Q:	*Where* *Ka-wa*
A:	I'm going for a walk.	*I Walk Going am.* *Nga cham-cham do ki yin*	A:	*Walk.* *Cham-cham*
	See you later.	*After meet come* *Je-la jal yong*		*See ya.* *Jal yong*

❖ **Two very popular alternatives to the question: *"How are you?"*** *(Hows your body?)*

(Your) Body fine is ? (I'm) always happy am happy completely am

Q: *Ku-su de-bo yin pe* **A-1:** *Nang-wa kyi-po du* **or** **A-2:** *De-bo de-kyang yin*

Daily Speech: Phrases and Questions	
1. *"What's your name?"*	*You name what is* *Kye-rang ming-ka-re re*
2. *"Where are you from?"*	*You where from are* *Kye-rang ka-wa ne yin*
3. *"What are you doing?"*	*You what doing are* *Kya-rang ka-re che ki yö*
4. *"The weather is good."*	*Weather good is* *Nam-shi ya-po du*
5. *"Long time no see."*	*No meet long time* *Ma jal yun ring*

Quick Start Guide: Daily Speech

Substitutes for Comfortable English Phrases		
"Good to see you again"	*Again meet like do* *Yang-kyar jal-wa ga-po chung*	*This can be used at the beginning or end of the conversation.*
"Have a nice day"	Day happy come to you Nyi-ma kyi-po yong war sho	*This phrase is becoming popular with Tibetans.*
"I'm thinking…"	I'm thinking Nge sam-pa la…	
"Better" *"Ah…that's better"*	Good is/am Ya-po du	*Implying that something has changed for the better.*
"Is that better?"	Good is/am ? Ya-po du pe	
"So…"	Ah-ne…	*"Any way…" "Say something."* *(During pauses.)*
"Sounds good"	Talk that good is Ke-cha de ya-po du	

Popular Shortcuts	**Long Version**	**Shortcut**
"Where are you going?" *You where going are* *Kye-rang ka-wa do ki yö*	***"I'm going to drink tea."*** *I tea drink to going am* *Nga cha tung ka do ki yö*	***"To drink tea."*** *Tea drink to* *Cha tung ka*
"Where are you going?" *You where going are* *Kye-rang ka-wa do ki yö*	***"I'm going to The Restaurant."*** *I restaurant to going am* *Nga sa-kang la do ki yö*	***"To the restaurant."*** *Restaurant to* *Sa-kang la*
"What are you eating?" *You are what eating am* *Kye-rang ki ka-re sa ki yö*	***"I'm eating momos."*** *Momos eating am* *mo-mo sa ki yö*	***"Momos."*** *Mo-mo*

Sentence Starters	
"Anyway…"	Ya-ya
"Starting tomorrow…"	*Tomorrow stating* Sang-nyin go-tsuk tang
"By the way…"	*Other one* Shan-pa chik la…
"One more thing…" (still…)	*Still again* Ta-tung yang…
"Excuse me…" *(as if asking a stranger for directions)*	Ka-ti shu ya la
Therefore / So / Anyway	*Che tsang ka*

Quick Start Guide: Polite Words

Polite Words	
1. After you	*Pep nang*
2. Excuse me *(as if asking a question)*	*Ka-ti shu wa la*
3. Pardon me *(after bumping into someone)*	*Gong-ta*
4. Please	*Ku-chi*
5. Sorry *(after offending someone)*	*Tsik-pa ma sa*
6. Thank you	*Tu-je-che*
7. Your welcome (its nothing)	*Ke yö ma re*

Polite Words	
1. I'll do it	*Nge che go*
2. I'm grateful *(very kind)*	*Ka-ti che*
3. May I (do it) ?	*Chok-pa che*
4. Of course	*Yin tang yin*
5. Perhaps / Maybe…	*Chik che na…*
6. *Please Sit down*	*Shu tang*
7. *Welcome*	*Cha pep nang*

Who is Who

Pronouns	
1. I	*Nga*
2. You	*Kye-rang*
3. He / she	*Ko / Mo*
4. We	*Nga tso*
5. This / That	*Di / De*
6. You all	*Kye-rang tso*
7. They	*Ko tso*

Possessive Pronouns	
1. My	*Nge*
2. Yours	*Kye-rang ki*
3. His	*Ko ki*
4. Hers	*Mo-ki*
5. Ours	*Nga tsö*
6. You all's	*Kye-rang tsö*
7. Their	*Ko tsö*

Titles	
1. Older men *(father)*	*Pa la*
2. Older women *(mother)*	*Ah-ma la*
3. Men *(brother)*	*Cho-cho la*
4. Woman *(Sister)*	*Ah-cha la*
5. Boy	*Pu la*
6. Girl	*Pu mo la*
7. Children	*Pu-ku*

Titles	
1. Companion	*Rok-pa*
2. Friend *(boy)*	*Trok-po*
3. Friend *(girl)*	*Trok-mo*
4. Monk	*Tra-pa*
5. Nun	*Ah-ni la*
6. Relative	*pun-gya*
7. Teacher	*Ge gan*

Who is Who: Phrases and Questions	
1. *"I am Tenzin."*	*I Tenzin am* *Nga Tenzin yin*
2. *"I'm from America."*	*I America from am* *Nga a-ri ne yin*
3. *"I'm a student."*	*I student am* *Nga lob-truk yin*
4. *"I have a book."*	*I book have (Nga la + yö = I have)* *Nga la deb yö*
5. *"This is my friend."*	*This my friend is* *Di nge trok-po re*

Quick Start Guide: Daily Concerns

In My Pocket		
1.	Change	*Sil-ma*
2.	Glasses	*Mik-shel*
3.	Keys	*Di-mik*
4.	Money	*Gor-mo*
5.	Passport	*Lak-kyer*
6.	Phone	*Ka-par*
7.	Wallet	*Ba-ku*

Personal Things		
1.	Brush	*Pak-se*
2.	Comb	*Ta-she*
3.	Matches	*Tsak-dra*
4.	Phone number	*Ka-par ang trang*
5.	Shoulder bag	*Jo-la*
6.	Ticket	*Dzin sho*
7.	Watch	*Chu-tsö*

Parts of the Day		
1.	Morning	*Sho-ke*
2.	Afternoon	*Nyin-kung gyap la*
3.	Evening	*Gong da*
4.	Today	*Te-ring*
5.	Yesterday	*Ka-sang*
6.	Tomorrow	*Sang nyin*
7.		

Weather		
1.	Hail	*Se-ra (gyap)*
2.	Humidity	*Lön-tsa*
3.	Ice	*Kyak-pa (gyap)*
4.	Rain	*Char-pa (tang)*
5.	Snow	*Kang (tang)*
6.	Storm	*Lung tsup (gyap)*
7.	Wind	*Hlak-pa (gyap)*

Colors		
1.	Blue	*Ngon-po*
2.	Red	*Mar-po*
3.	Green	*Jang-ku*
4.	Yellow	*Ser-po*
5.	Black	*Nak-po*
6.	White	*Kar-po*
7.	Brown	*Muk-po*

Textures		
1.	Wet	*Lön-pa*
2.	Dry	*Kam-po*
3.	Smooth	*Jam-po*
4.	Rough	*Kyong-po*
5.	Hard	*Trak-po*
6.	Soft (to the touch)	*Sab sab*
7.	Soft (spongy)	*Nyi-mo*

Daily Concerns: Phrases and Questions	
1. *"I forgot my keys. "*	*My keys forgot !* *Nge de-mik je sha*
2. *"I have a call."*	*I to phone arrived did* *Nga la ka-par layb song*
3. *"What time is it?"*	*Time how many is* *Chu-tsö ka-tsö re du*
4. *"It looks like rain."*	*Rain fall might* *Char-pa tang sa re*
5. *"Today I'm going to Delhi."*	*Today I Delhi go will* *Te-ring nga di-li dro ya yin*

Quick Start Guide: Family

Family Members		
1.	Parents	*Pa-ma*
2.	Father	*Pa la*
3.	Mother	*Ah-ma la*
4.	Older brother	*Cho-cho la*
5.	Younger brother	*Wok-ma pun-gya pu*
6.	Older sister	*Ah-cha la*
7.	Younger sister	*Wok-ma pun-gya pu-mo*

Family Members		
1.	Grandfather	*Po la*
2.	Grandmother	*Mo la*
3.	Uncle *(Father's side)*	*Ah-shang*
4.	Uncle *(Mother's side)*	*Ah-ku*
5.	Aunt *(Father's side)*	*Ah-ne*
6.	Aunt *(Mother's side)*	*Ah-su*
7.	Relative	*pun-gya*

Family: Phrases and Questions	
1. *"I have many relatives in Delhi."*	*I Delhi reletives many do have* *Nga la di-li pun-gya mang-po yö*
2. *"I have a wonderful family."*	*My family so good do have* *Nga la nang-mi pe ya-po yö*
3. *"Tell me about your family."*	*Your family about tell* *Kye-rang ki nang-mi kor she tang*
4. *"Do you miss your family?"*	*Your family missing are ?* *Kye-rang ki nang-mi trin ki du pe*
5. *"How many members are in your family?"*	*Your family how many are* *Kye-rang la nang-mi ka-tsö yö*

Coming and Going

Destinations		
1.	Bank	*Ngul kang*
2.	Tea shop	*Cha kang*
3.	Government office	*Shung ki le-kung*
4.	Hotel	*Drön kang*
5.	Post office	*Drak kang*
6.	Restaurant	*Sa kang*
7.	School	*Lob-ta*

Destination...*continued*		
1.	Barber shop	*Tra shar kang*
2.	Game (sports) place	*Tse-mo tse sa*
3.	Hospital	*Man kang*
4.	Library	*Pe-dzö kang*
5.	Office	*Le-kung*
6.	Movies	*Lok nyan kang*
7.	Museum	*Dram tön kang*

Coming and Going: Phrases and Questions	
1. *"Are you ready?"*	*You go ready are ?* *Kye-rang dro cho-cho yin pe*
2. *"I'll come after this tea."*	*I tea drink from come will* *Nga cha tung ne yong ya yin*
3. *"Its lunch time."*	*Lunch eat time-to* *Nyin-kung ka-la sa ren song*
4. *"Be careful."* *(Also safe travels)*	*Careful do* *Sab-sab che ah*
5. *"Call me when you arrive."*	*You arrive after me to phone call do* *Kye-rang leb-we je-la nga la ka-par tang sho*

Quick Start Guide: Coming and Going

Coming/Going Verbs English	**Present** Tibetan	**Past** Tibetan	**Future** Tibetan	**Imperative** Tibetan
1. to **Go**	*Dro*	*Chin*	*Dro*	*Dro*

Present
You where going are / *I walk going am*
"Where are you going?" Kye-rang ka-wa dro ki yö "I'm going for a walk." Nga cham-cham dro ki yö

Past
You where went did / *I walk went did*
"Where did you go?" Kye-rang ka-wa chin pa yin "I went for a walk." Nga cham-cham chin pa yin

Future
You where go to will / *I walk go will*
"Where will you go?" Kye-rang ka-wa dro ya yin "I will go for a walk." Nga cham-cham dro ya yin

2. to **Go** (*Honorific*) *for both coming and going*	*Pep*	*Pep*	*Pep*	

Present
You where going are / *I walk going am*
"Where are you going?" Kye-rang ka-wa pep ki yö "I'm going for a walk." Nga cham-cham dro ki yö*

Past
You where went did / *I walk went did*
"Where did you go?" Kye-rang ka-wa pep pa yin "I'm went for a walk." Nga cham-cham chin pa yin*

Future
You where go will / *I walk go will*
"Where will you go?" Kye-rang ka-wa pep ya yin "I will go for a walk." Nga cham-cham dro ya yin*

** Honorific language is never used for oneself. Answers therefore are in non-honorific form*

3. to **Come from**	*Yong*	*Yong*	*Yong*	*Sho*

Present
You where from coming are / *Store from coming am*
"Where are you coming from?" Kye-rang ka-wa ne yong ki yö "From the store." Tsong-kang ne yong ki yö

Past
You where from come did / *Store from come did*
"Where did you come from?" Kye-rang ka-wa ne yong pa yin "From the store." Tsong-kang ne yong pa yin

Future
You where from come will / *Store from come will*
"Where will you come from?" Kye-rang ka-wa ne yong ya yin "From the store." Tsong-kang ne yong ya yin

4. to **Come from** (*Honorific*) *for both coming and going*	*Pep*	*Pep*	*Pep*	

Present
You where from coming are / *Store from coming am*
"Where are you coming from?" Kye-rang ka-wa ne pep ki yö "From the store." Tsong-kang ne yong ki yö*

Past
You where from come did / *Store from come did*
"Where did you come from?" Kye-rang ka-wa ne pep pa yin "From the store." Tsong-kang ne yong pa yin*

Future
You where from come will / *Store from come will*
"Where will you come from?" Kye-rang ka-wa ne pep ya yin "From the store." Tsong-kang ne yong ya yin*

** Honorific language is never used for oneself. Answers therefore are in non-honorific form*

Quick Start Guide: People

People		
1.	Old Man / Old Woman	*Gen-ko*
2.	Man	*Po*
3.	Woman	*Mo*
4.	Boy	*Pu*
5.	Girl	*Pu-mo*
6.	Child	*Pu-ku*
7.	Baby	*Pu-ku mar-char*

People...*continued*		
1.	Friend *(Male)*	*Trok-po*
2.	Friend *(Female)*	*Trok-mo*
3.	Enemy	*Dra-wo*
4.	Classmate	*Dzin-tra chik pa*
5.	Companion	*Rok-pa*
6.	Neighbor	*Kyim-tse*
7.	Roommate	*Sha-rok*

Appearance		Opposites		
1.	Beautiful *(women)*	*Nying-je-po*	Ugly	*Dok-ngan po*
2.	Cute *(child)*	*Sha-tsa-po*	Ugly	*Dok-ngan po*
3.	Handsome *(men)*	*Dzig-po*	Ugly	*Dok-ngan po*
4.	Fat	*Gyak-pa*	Thin	*Sha kam-po*
5.	Old	*Gen-ko*	Young	*Shon-pa*
6.	Strong	*Shuk-chen-po*	Weak	*Suk-po Kyo-po* *(body poor)*
7.	Tall	*Ring-po*	Short	*Tung-tung*

Personality		Opposites		
1.	Brave	*Lo-ko chen-po*	Cowardly	*Lo-ko chung-chung*
2.	Calm	*Hlö -hlö*	Nervous	*Tsa-ke tsi-ke*
3.	Confident	*Deng-tsö*	Shy	*Ngo-tsa chung-chung*
4.	Diligent	*Du-ri tsa-po*	Lazy	*Le-lo tsa-po*
5.	Generous	*Lak-pa yang-po*	Greedy	*Ser-na Tsa-po*
6.	Humble	*Nyam-chung*	Arrogant	*Nga-gyal tsa-po*
7.	Kind	*Sem-pa Sang-po*	Mean	*Sem nak-po*

Personality		Opposites		
1.	Normal	*Nam-Gyun*	Strange	*ken-tsar*
2.	Patient	*Ko-pa chen-po*	Irritable	*Lung tsa-po*
3.	Polite	*Ya-rap*	Rude	*Ma-rap*
4.	Rich	*Chuk-po*	Poor	*Kyo-po*
5.	Smart	*Chang-po*	Stupid	*Kuk-pa*
6.	Trouble maker	*Nyo-ta so-kan*	Well behaved	*Chö-pa yak-po*
7.	Warm	*Cham tse-chan*	Cold	*Nang-me tsa-po*

Quick Start Guide: People

	Sense Verbs	English	Present Tibetan	Past Tibetan	Future Tibetan	Imperative Tibetan
1.	**Sight**	to **See**	*Tong*	*Tong*	*Tong*	
		to **Watch**	*Ta*	*Ta*	*Ta*	
	I your mother saw did *"I saw your mother." Nge kye-rang ki ah-ma la tong song* *I movie one watched did* *"I watched a movie." Nge lok-nyan shik la ta pa yin*					
2.	**Hearing**	to **Hear**	*Ko*	*Ko*	*Ko*	
		to **Listen**	*Nyan*	*Nyan*	*Nyan*	*Nyon*
	I bell heard did *"I heard the bell." Nge tin-tin ko song* *I'm radio to listening am* *"I listen to the radio." Nge lung-tin la nyan ki yö*					
3.	**Smell**	to **Smell**	*Num*	*Num*	*Num*	
	Flower to scent smell do *"Smell the scent of this flower." Me-tok la tri-ma num tang*					
4.	**Taste**	to **Taste**	*There is no word in 'spoken' Tibetan for this sense.*			
	Momos flavor taste do Usually said: *"Taste the flavor of these momos." Mo-mo tro-wa ta tang*					
5.	**Tactile Sensation**	to **Feel**	*There is no word in 'spoken' Tibetan for this sense.*			
	Table that smooth is Usually said: *"That table is smooth." Chok-tse de jam-po du*					

People's Senses: Phrases and Questions	
1. *"I saw an accident today."*	*I today car accident saw did* *Nge te-ring mo-ta dung ka gyap pa tong song*
2. *"Did you watch the news?"*	*You news saw ?* *Kye-rang sar-gyur la te pe*
3. *"I heard there is no class today."*	*I today class no heard did* *Nge te-ring dzin-tra me-pa ko song*
4. *"I listen well in class."*	*I class in good listen do* *Nge dzin-tra nang la yak-po nyan ki yö*
5. *"This tea tastes strange."*	*Tea this tastes strange does* *Cha di tro-wa kyen-tsar du*

Quick Start Guide: People

Parts of the Face		
1.	Eyes	*mik*
2.	Nose	*Na-kung*
3.	Ears	*Ah-chok*
4.	Hair *(on head)*	*Tra*
5.	Lips	*Chu-to*
6.	Mouth	*Ka*
7.	Teeth	*So*

Parts of the Body		
1.	Head	*Go*
2.	Throat	*Mi-pa*
3.	Chest	*Tang-ko*
4.	Stomach	*Tro-ko*
5.	Groin	*To-wa*
6.	Back	*Gyap*
7.	Butt	*Kup*

Parts of the Body		
1.	Arm	*Pung-pa*
2.	Hand	*Lak-pa*
3.	Fingers	*Dzu-ku*
4.	Palm	*Lok-til*
5.	Legs	*Kang-pa*
6.	Foot	*Kang-pa*
7.	Toes	*Kang-pe dzu-ku*

1.	Body hair	*Pu*
2.	Blood	*Trak*
3.	Bone	*Rung-ko*
4.	Brain	*Le-pa*
5.	Heart	*Nying*
6.	Skin	*Pak-pa*
7.	Stomach	*To-ko*

Travel

Transportation		
1.	Airplane	*Nam-tru*
2.	Bicycle	*Kang-ka-ri*
3.	Bus	*Chi-chö lang-kor*
4.	Car	*Mo-ta*
5.	Motorcycle	*Bak-bak*
6.	Taxi	*La-kor*
7.	Train	*Me-kor*

Transportation		
1.	Airport	*Nam-tang*
2.	Intersection	*Lam-do*
3.	Road	*Lam*
4.	Station	*Bab-tsik*
5.	Traffic jam	*Mo-ta Tsang-ka teb*
6.	Train platform	*Me-kor Bab-tek*
7.	Trip	*Ta-kor*

Directions		
1.	Right	*Ye*
2.	Left	*Yon*
3.	Straight ahead	*Ka-tuk*
4.	Stop	*Kak*
5.	Across	*Pa-chok*
6.	Slow down	*Ka-le (che)*
7.	Go faster	*Gyok-po (che)*

Miscellaneous		
1.	Kilometer	*Le-war*
2.	Map	*Sa-tra*
3.	Passport	*Lak-Kyer*
4.	Speed	*Gyok-tse*
5.	Train/Bus Stops	*Kak-Tsik*
6.	Ticket	*Dzin-sho*
7.	Train Car	*Kor-gam*

Quick Start Guide: Restaurant

Restaurant: Staff		
1.	Owner	*Jin-da*
2.	Manager	*Gan-dzin*
3.	Waiter/Waitress	*Sa-kang yok-po*
4.	Check	*Ngul-dzin*
5.	Cook	*Ma-chin*
6.	Menu	*Ka-la to*
7.	Napkin	*Lak-chi*

Restaurant: Things		
1.	Plate	*Der-ma*
2.	Bowl	*Por-pa*
3.	Cup	*Kar-yol*
4.	Spoon	*Tur-ma*
5.	Fork	*Tur-ma tse-sum*
6.	Knife	*Tri*
7.	Chopsticks	*Ko-tse* (Chinese)

Meals		
1.	Breakfast	*Sho-cha*
2.	Lunch	*Nyin-kung ka-la*
3.	Dinner	*Gong-da ka-la*
4.	Desert	*Ngar-se*
5.	Snack	*Shal-tok*
6.		
7.		

Types of Food		
1.	Noodles	*Tuk-pa*
2.	Salad	*Trang-tsal*
3.	Soup	*Ku-wa*
4.	Buffet	*Na-dzom ka-la*
5.	Vegetarian	*Sha-me ka-la*
6.	Non-Vegetarian	*Sha-yö Ka-la*
7.	Street food	*Lam-ka ka-la*

Restaurant Verbs	Present	Past	Future	Imperative
1. to **Bring / Give**	***Kyer***	***Kyer***	***Kyer***	

Present
Mo-mo bring do
"Bring me some momos." Mo-mo kyer sho

Past
He me to mo-mo brought
"He brought me some momos." Ko nga la mo-mo kyer song

Future
He me to mo-mo bring will
"He will bring me some momos." Ko nga la mo-mo kyer ya re

	Present	Past	Future	Imperative
2. to **Drink**	***Tung***	***Tung***	***Tung***	

Present
I Tibetan tea drinking am
" I'm drinking Tibetan tea." Nge pö cha tung ki yö

Past
I Tibetan tea drank did
" I drank Tibetan tea." Nge pö cha tung pa yin

Future
I Tibetan tea drink will
" I will drink Tibetan tea." Nge pö cha tung ya yin

	Present	Past	Future	Imperative
3. to **Eat**	***Sa***	***Se***	***Sa***	

Present
I'm Tibetan food eating am
"I'm eating Tibetan food." Nge pö-pe ka-la sa ki yö

Past
I Tibetan food ate did
"I ate Tibetan food." Nge pö-pe ka-la se pa yin

Future
I Tibetan food eat will
"I will eat Tibetan food." Nge pö-pe ka-la sa ya yin

Quick Start Guide: Restaurant

Restaurant: Phrases and Questions	
1. "Have you finished (*drinking*) breakfast?"	*Breakfast drink finished are ?* *Sho-cha tung tsar yin pe*
2. "Are you hungry?"	*Stomach hungry is ?* *Tro-ko tok ki du pe*
3. "I'm full."	*I stomach done is* *Nga tro-ko gyak song*
4. "Would you like some tea?"	*Tea want ?* *Cha go pe*
5. "Enjoy your food."	*Food enjoy do please* *She-la nye-po nang ro*

Meats		
1.	Beef	*Lang-sha*
2.	Chicken	*Cha-sha*
3.	Dried meat	*Sha kam*
4.	Fish	*Nya-sha*
5.	Goat meat / Sheep meat	*Ra-sha / Lu-sha*
6.	Pork	*Pak-sha*
7.	Yak meat	*Yak-sha*

Vegetable		
1.	Carrot	*La-puk mar-po*
2.	Cauliflower	*Me-tok pe-tsal*
3.	Greens	*Ngo-tsal*
4.	Onion	*Tsong*
5.	Potatoes	*Sho-ko*
6.	White radish	*La-puk kar-po*
7.	Tomatoes	*To-ma-to*

Fruit		
1.	Apple	*Ku-shu*
2.	Banana	*Ke-la*
3.	Grape	*Gun-dum*
4.	Lemon	*Lim-bu*
5.	Mango	*Am*
6.	Orange	*Tsa-lu-ma*
7.	Peach	*Kam-bu*

Grains		
1.	Barley	*Ne*
2.	Beans	*Se-ma*
3.	Corn	*Ma-mi lo-tok*
4.	Nuts	*Tar-ka*
5.	Rice	*Dre*
6.	White Wheat	*To-ship*
7.	Whole Wheat	*Ah-ta* (Hindi)

Misc.		
1.	Butter	*Mar*
2.	Cheese	*Chu-ra*
3.	Chilies and Hot sauce	*Si-pen*
4.	Eggs	*Go-nga*
5.	Oil	*Num*
6.	Salt	*Tsa*
7.	Yogurt	*Sho*

Drinks		
1.	Alcohol	*A-ra*
2.	Beer	*Chang*
3.	Plain tea	*Cha-tang*
4.	Butter tea	*Pö-cha*
5.	Juice	*Shing-tok ku-wa*
6.	Milk	*Oh-ma*
7.	Sweet milk tea	*Cha ngar-mo*

Quick Start Guide: Shopping

Store Staff		
1.	Manager	*Gan-dzin*
2.	Sales person	*Cha-la tsong kan*
3.	Security guard	*Nyen tok-pa*
4.	Advertisement	*Kyab-dra*
5.	Brand	*Tsong-tok*
6.	Price	*Rin-kung*
7.	Sale	*Kung chak-pa*

Stores		
1.	Book store	*Deb tsong kang*
2.	Clothing store	*Re-cha tsong-kang*
3.	Computer store	*Lok-le tsong-kang*
4.	Grocery store	*Ka-la na-dzom tsong-kang*
5.	Mall	*Na-dzom tsong-kang*
6.	Market	*Trom*
7.	Shop	*Tsong-kang*

Clothes		
1.	Belt	*Ke-ra*
2.	Coat	*Tö-tung*
3.	Man and women dress	*Chu-pa*
4.	Hat	*Sha-mo*
5.	Pants	*Kö-tung*
6.	Shirt	*Ngul-len*
7.	Shoes	*Ham-ko*

Clothes		
1.	Button	*Drok-ku*
2.	Jewelry	*Gyan-cha*
3.	Pocket	*Ba-ku*
4.	Shoulder bag	*Jo-la*
5.	Socks	*Kang-sup*
6.	Umbrella	*Nyi-duk*
7.	Zipper	*Tse-re*

Shopping Verbs	Present	Past	Future	Imperative
1. to **Buy**	*Nyo*	*Nyö*	*Nyo*	
Tenzin phone new one buying is *"Tenzin is buying a phone." Ten-zin ki ka-par sar-pa shik nyo ki du*				
2. to **Go Shopping**	*Nyo-cha (gyap)*	*Nyo-cha (gyap)*	*Nyo-cha (gyap)*	
I Shopping place going am *"I'm going shopping." Nga nyo-cha gyap sa dro ki yö*				
3. to **Order**	*Ngak*	*Ngak*	*Ngak*	
I phone new one ordered did *"I ordered a new phone." Nge ka-par sar-pa shik Ngak pa yin*				
4. to **Pickup**	*Len*	*Len*	*Len*	
You my phone new that pickup able might do ? *"Can you pickup my new phone?" Kye-rang ki nge ka-par sar-pa de len tub sa re pe*				
6. to **Sell**	*Tsong*	*Tsong*	*Tsong*	
You Phone new that sell do ? *"Do you sell new phones?" Kye-rang ki ka-par sar-pa de tsong ki yin pe*				

Quick Start Guide: Work

Jobs		
1.	Farmer	*Shing-pa*
2.	Government Official	*Shung ki le-che*
3.	Office worker	*Le-kung le-che-pa*
4.	Nomad	*Drok-pa*
5.	Secretary	*Trung-yik*
6.	Sales man	*Cha-la Tsong-kan*
7.	Shop keeper	*Tsong-pa*

Jobs		
1.	Artist	*Ri-mo tri-kan*
2.	Driver	*Ka-lo-wa*
3.	Journalist	*Sar-Gö-pa*
4.	Manager	*Gan-dzin*
5.	Mechanic	*Mo-ta so-kan*
6.	Musician	*Rol-yang tong-kan*
7.	Scientist	*Tsan-rik-pa*

	Work Verbs	Present	Past	Future	Imperative
1.	to **Clean**	*Tsang-ma so*	*Tsang-ma so*	*Tsang-ma so*	
2.	to **Fix**	*So chö (gyap)*	*So chö (gyap)*	*So chö (gyap)*	
3.	to **Help**	*Rok-pa (che)*	*Rok-pa (che)*	*Rok-pa (che)*	
4.	to **Make**	*So*	*Sö*	*So*	
5.	to **Sell**	*Tsong*	*Tsong*	*Tsong*	
6.	to **Show**	*Mik-ton (tong)*	*Mik-ton (tong)*	*Mik-ton (tong)*	
7.	to **Work**	*Le-ka (che)*	*Le-ka (che)*	*Le-ka (che)*	

Office

Office Staff		
1.	Boss	*Go-tri*
2.	Manager	*Gan-dzin*
3.	Secretary	*Trung-yik*
4.	Worker	*Le-che-pa*
5.	Job	*Le-ka*
6.	Work	*Le-ka*
7.	Department	*De-tsan*

Office Equipment		
1.	Copy machine	*Par-lok gyap-se*
2.	Computer	*Lok-le*
3.	Letter	*Yi-ke*
4.	Paper	*Shu-ku*
5.	Pen	*Nyu-ku*
6.	Internet	*Tra-gya*
7.	Phone	*Ka-par*

	Office Verbs	Present	Past	Future	Imperative
1.	to **Apply** for work	*Le-ka tsal*	*Le-ka tsal*	*Le-ka tsal*	
2.	to **Copy** *(photo copy)*	*Par-lok (gyap)*	*Par-lok (gyap)*	*Par-lok (gyap)*	
3.	to **Mail**	*Yi-ke (tang)*	*Yi-ke (tang)*	*Yi-ke (tang)*	
4.	to **Research**	*Shib-juk che-pa*	*Kong-tsal*	*Kong-tsal*	
5.	to **Supervise**	*Ta-tok (che)*	*Ta-tok (che)*	*Ta-tok (che)*	
6.	to **Take Notes**	*Sin-ti (gyap)*	*Sin-ti (gyap)*	*Sin-ti (gyap)*	
7.	to **Type**	*Dzub-non (gyap)*	*Dzub-non (gyap)*	*Dzub-non (gyap)*	

Quick Start Guide: School

School Staff		
1.	Principal	*Lob-chi*
2.	Teacher	*Ge-gan*
3.	Student	*Lob-tuk*
4.	Classmate	*Dzin-tra chik-pa*
5.	Chalk	*Sa-nyuk*
6.	Eraser	*Sup-ze*
7.	Blackboard	*Nak-pang*

Books		
1.	Note book	*Tri-deb*
2.	School book	*Lob-deb*
3.	Story book	*Trung-deb*
4.	Document	*Yik-cha*
5.	Dictionary	*Tsik-dzö*
6.	Magazine	*Dö-deb*
7.	News paper	*Tsak-par*

	School Verbs	Present	Past	Future	Imperative
1.	to **Listen**	*Nyan*	*Nyan*	*Nyan*	
2.	to **Memorize**	*Lo-la-sin*	*Lo-la-sin*	*Lo-la-sin*	
3.	to **Read**	*Lok*	*Lok*	*Lok*	
4.	to **Review**	*Kyar-jong (che)*	*Kyar-jong (che)*	*Kyar-jong (che)*	
5.	to **Say**	*Lab*	*Lab*	*Lab*	
6.	to **Study**	*Lob-jong (che)*	*Lob-jong (che)*	*Lob-jong (che)*	
7.	to **Write**	*Ti*	*Ti*	*Ti*	

Home

House Rooms		
1.	Basement	*Ok-kang*
2.	Bath room	*Tru-kang*
3.	Bed room	*Nyal-kang*
4.	Dining room	*Ka-la sa-sa*
5.	Kitchen	*Tab-tsang*
6.	Living room	*Dö-kang*
7.	Yard	*Chak-ri*

Parts of a Room		
1.	Beam	*Dung-ma*
2.	Ceiling	*Nam-chal*
3.	Door	*Go*
4.	Floor	*Sha-la*
5.	Roof	*Tok*
6.	Wall	*Tsik-pa*
7.	Window	*Gi-kung*

Bathroom Items		
1.	Hair brush	*Tra-she*
2.	Razor	*Tra-tri*
3.	Soap	*Yi-tsi*
4.	Toilet	*Sang-chö*
5.	Tooth brush	*So-tru*
6.	Tooth paste	*So-man*
7.	Towel	*Ah-chor*

Bedroom Items		
1.	Bed	*Nyal-ti*
2.	Bed Sheet	*Dan-keb*
3.	Blanket	*Nyal-che*
4.	Dresser	*Tuk-lok luk-sa*
5.	Mattress	*Nyal-dan*
6.	Pillow	*Nge-go*
7.	Shelves	*Pang-ti*

Quick Start Guide: Home

Bathroom Verbs	Present	Past	Future	Imperative
1. to **Brush hair**	*Tra-she gyap*	*Tra-she*	*Tra-she*	
2. to **Brush teeth**	*So-tru*	*So-tru*	*So-tru*	
3. to **Clip nails**	*Sen-mo tup*	*Sen-mo tup*	*Sen-mo tup*	
4. to **Dry off**	*Lak-pa chi*	*Lak-pa chi*	*Lak-pa chi*	
5. to **Put on makeup**	*Nam-pa so*	*Nam-pa so*	*Nam-pa so*	
6. to **Shave**	*Bar*	*Bar*	*Bar*	
7. to **Wash**	*Tu*	*Tu*	*Tu*	

Bedroom Verbs	Present	Past	Future	Imperative
1. to **Dream**	*Nyi-lam (tang)*	*Nyi-lam (tang)*	*Nyi-lam (tang)*	
2. to **Go to Sleep**	*Nyal-sa-do*	*Nyal-sa-chin*	*Nyal-sa-do*	
3. to **Rest**	*Nyal-so (gyap)*	*Nyal-so (gyap)*	*Nyal-so (gyap)*	
4. to **Sleep**	*Nyal*	*Nyal*	*Nyal*	
5. to **snore**	*Ngur pa (che)*	*Ngur pa (che)*	*Ngur pa (che)*	
6. to **Wake up**	*Nyi-se*	*Nyi-se*	*Nyi-se*	
7.				

Kitchen

Kitchen Appliances	
1. Chair	*Kup-kya*
2. Cupboard	*Por-pa shak-sa*
3. Dishwasher	*Nö-che tru-se*
4. Refrigerator	*Chak-gam*
5. Sink	*Tru-shong*
6. Stove	*Tab-ka*
7. Table	*Chok-tse*

Kitchen Items	
1. Chopping knife	*Tub-ti*
2. Pan	*Tsal-long*
3. Pot	*Ha-yang*
4. Spatula	*Leb-kyok*
5. Steaming Kettle	*Mo-tsek*
6. Tea kettle	*Kok-der*
7. Thermos	*Sa-tam*

Cooking Verbs	Present	Past	Future	Imperative
1. to **Boil**	*Kol*	*Kol*	*Kol*	
2. to **Cook** / **Make**	*So*	*Sö*	*So*	
3. to **Deep fry**	*Num se (tang)*	*Num se (tang)*	*Num se (tang)*	
4. to **Finish**	*Tsar (che)*	*Tsar (che)*	*Tsar (che)*	
5. to **Fry**	*Ngö-sek (tang)*	*Ngö-sek (tang)*	*Ngö-sek (tang)*	
6. to **Prepare**	*Tra-tri (che)*	*Tra-tri (che)*	*Tra-tri (che)*	
7. to **Steam**	*Lang-tsö (gyap)*	*Lang-tsö (gyap)*	*Lang-tsö (gyap)*	

Quick Start Guide: Kitchen

Preparing Verbs	Present	Past	Future	Imperative
1. to **Bring**	*Tsur-kyer*	*Tsur-kyer*	*Tsur-kyer*	
2. to **Chop/Cut**	*Tub*	*Tub*	*Tub*	
3. to **Knead**	*Dzi*	*Dzi*	*Dzi*	
4. to **Peal**	*Shö*	*Shö*	*Shö*	
5. to **Pour**	*Luk*	*Luk*	*Luk*	
6. to **Stir**	*Truk*	*Truk*	*Truk*	
7. to **Take**	*Par-kyer*	*Par-kyer*	*Par-kyer*	

Buddhism

Monastery Places	
1. Debate grounds	*Chö-ra*
2. Gathering (puja) hall	*Du-kang*
3. Housing group	*Kang-tsan*
4. Protector room	*Gon-kan*
5. Monks rooms	*Tra-sha*
6. Retreat house	*Tsam-kang*
7. Temple	*Hla-kang*

Temple Items	
1. Altar	*Chö-sham*
2. Butter sculptures	*Mar-tson chö-pa*
3. Cloth scroll painting	*Tang-ka*
4. Mandala	*Kyil-kor*
5. Offerings	*Chö-pa*
6. Statue	*Ku*
7. Throne	*Shuk-ti*

Monastery Staff	
1. Abbot	*Kan-po*
2. Chant master	*U-dze*
3. Disciplinarian	*Ge-ko*
4. Office manager	*Chak-dzö*
5. Monk	*Tra-pa*
6. Nun	*Ah-ne*
7. Lay person	*Ah-wo-mi-nak*

Buddhist Titles	
1. Dalai Lama	*Kyab-gon rin-po-che*
2. Leader Gelug School	*Gan-dan ti-pa*
3. Oracle	*Ku-ten*
4. Geshe (Scholar)	*Ge-she*
5. Rinpoche (Reincarnate)	*Trul-ku*
6. Lama (teacher)	*La-ma*
7. Yogi	*Nal-jor-pa*

Buddhist Beings	
1. Bodhisattva	*Chang-chup Sem-pa*
2. Buddha	*Sang-gye*
3. Dakini	*Ka-do-ma*
4. Deity	*Yi-tam*
5. Naga	*Lu*
6. Protector	*Sung-ma*
7. Harmful spirit	*Jung-po*

Tibetan Buddhist Schools	
1. Bon	*Bön*
2. Gelug	*Ge-lug*
3. Kagyu	*Ka-gyu*
4. Nying	*Nying-ma*
5. Sakya	*Sa-kya*
6.	
7.	

Quick Start Guide: Buddhism

Buddhist Items		
1.	Butter lamps	*Chö-me*
2.	Incense	*Pö*
3.	Mala	*Treng-wa*
4.	Mantra	*Sung-ngak*
5.	Offering scarf	*Ka-tak*
6.	Prayer wheel	*Kor-lo*
7.	Statue	*Ku*

Buddhist Items...*Continued*		
1.	Bell	*Tril-bu*
2.	Cymbals	*Sil-nyan*
3.	Vajra	*Dor-je*
4.	Hand drum	*Da-ma-ru*
5.	Ritual offering cakes	*Tor-ma*
6.	Meditation cushion	*Dan*
7.	Ritual dagger	*Pur-pa*

	Buddhism Verbs	**Present**	**Past**	**Future**	**Imperative**
1.	to **Chant**	*Dön-pa dön*	*Dön-pa dön*	*Dön-pa dön*	
2.	to **Gain merit**	*Ge-wa drup*	*Ge-wa drup*	*Ge-wa drup*	
3.	to **Make offering**	*Yön-chob-pul*	*Yön-chob-pul*	*Yön-chob-pul*	
4.	to **Pray**	*Tsok tsok*	*Tsok tsok*	*Tsok tsok*	
5.	to **Prostrate**	*Chak-tsal*	*Chak-tsal*	*Chak-tsal*	
6.	to **Recite mantras**	*Suk-ngak dön*	*Suk-ngak dön*	*Suk-ngak dön*	
7.	to **Walk kora**	*Kor-ra (gyap)*	*Kor-ra (gyap)*	*Kor-ra (gyap)*	

Buddhism: Phrases and Questions		
1.	*"Let's offer offering scarves to the deities."*	*We deity to scarve do* *Nga-tsö yi-tam la ka-tak tong tong*
2.	*"That statue of the Buddha is beautiful."*	*Buddha statue that beautiful is* *Sang-gye ku de nying-je-po du*
3.	*"When does puja begin?"*	*When puja (verb) will be* *Ka-tu tsok tsok ki re*
4.	*"Are you going to offer some butter candles?"*	*You Butter lamp offer to will ?* *Kye-rang ki chö-me pul ya yin pe*
5.	*"Let's make a donation to the monastery."*	*We Monastery to Donation offer* *Nga-tsö Gon-pa la Shal-deb pul*

Nature

Plants		
1.	Tree	*Shing-dong*
2.	Bush	*Shing-tran*
3.	Grass	*Tsa*
4.	Flower	*Me-tok*
5.	Leaf	*Lo-ma*
6.	Branch	*Yal-ka*
7.	Root	*Tsa-wa*

Animals		
1.	Bear	*Tom*
2.	Cat	*Shi-mi*
3.	Dog	*Kyi*
4.	Goat	*Ra*
5.	Horse	*Ta*
6.	Mouse	*Tsi-tsi*
7.	Sheep	*Luk*

Quick Start Guide: Grammar

Some Useful Postpositions		Opposites	
Above	*Tok-la*	Below	*Ok-la*
Before	*Ngon-la*	After	*Je-la*
In between	*Par-la*	In the middle	*Kyil-la*
In front of	*Dun-la*	Behind	*Gyap-la*
In / inside	*Nang-la*	Out / Outside	*Chi-la also Chi-lo*
Near	*Ta-nye-po*	Far	*Ta-ring-po*
On	*Kang-la*	Under	*Ok-la*

Conjunctions and Connectives	
Also	*Yang*
And	*Tang*
At / Too / For	*La*
Because	*Kang-yin-ser-na*
But	*Yin-na-yang*
Or	*Yang-na*
So / And	*Ah-ne*
Then	*Te-ne*

Particles	
A / An	*Chik*
During / While / At that time	*Kab-su*
During / While / At that time	*Dü*
From / By way of / After	*Ne*
If	*Na*
Places emphasis on its object.	*Ni*
To	*Par*

Questions

Question Words							
What	*Ka-re*	Where	*Ka-wa*	Who	*Su*	Why	*Ka-re-che-ne*
When	*Ka-dü*	Which	*Ka-ki*	Whose	*Su-i*	How	*Kon-des*

- **Question particles**
  - ***Pe*** - creates a question when placed at the end of a sentence.
    May also be pronounced - ***We / Ge / Nge***
  - ***Yin-pa*** - This particle can be used with question words in sentences.
    "Where are you from?" / ***Kye-rang ka-ne yin-pa***

Quick Start Guide: Grammar

Numbers

English	Tibetan	English	Tibetan	English	Tibetan
0	*Le-kor*	10	*Chu*	20	*Nyi-shu*
1	*Chik*	11	*Chu-chik*	30	*Sum-chu*
2	*Nyi*	12	*Chu-ni*	40	*Shib-chu*
3	*Sum*	13	*Chu-sum*	50	*Ngab-chu*
4	*Shi*	14	*Chup-shi*	60	*Truk-chu*
5	*Nga*	15	*Chu-nga*	70	*Dun-chu*
6	*Truk*	16	*Chu-truk*	80	*Gye-chu*
7	*Dun*	17	*Chup-dun*	90	*Gu-chu*
8	*Gye*	18	*Chob-gye*		
9	*Gu*	19	*Chu-gu*		

Ordinal Numbers

1st	2nd	3rd	4th	5th	6th	7th	8th
Tang-po	*Nyi-pa*	*Sum-pa*	*Shi-pa*	*Nga-pa*	*Truk-pa*	*Dun-pa*	*Gye-pa*

*Only the first ordinal number '**Tang'** is followed by a **'Po'** the rest of the numbers are all followed by **'Pa'***

Multiplicative Numbers

1st - time	2nd - time	3rd - time	4th - time	5th - time
Teng-tang-po	*Teng-nyi-pa*	*Teng-sum-pa*	*Teng-shi-pa*	*Teng-nga-pa*

Floors of a Building

1st floor	2nd floor	3rd floor
Tok-che tang-po	*Tok-che nyi-pa*	*Tok-che sum-pa*

One Among Others

1 of 5
Nga nang-ne tang-po

Quick Start Guide: Grammar

Time	
Hour	*Chu-tsö*
Minute	*Kar-ma*
Second	*Kar-cha*
Parts of the Day	
Morning	*Sho-ge*
Afternoon	*Nyin-kung gyab la*
Evening	*Gong-ta*
Today	*Te-ring*
Yesterday	*Ka-sang*
Day before yesterday	*Ke-nying-pa*
Tomorrow	*Sang-nyin*
Day after tomorrow	*Nang-nyin*

Time Expressions	
Sometimes	*Tsam-tsam*
Every / Always	*Tak-pa-re-shin*
Never	*Tsa-wa ne*
Every time	*Ka-dü yin na yang*
Soon	*Gyok-po*
After	*Je-la*
Before	*Ngon-la*
Long ago	*Ngon-ma*
Early	*Nga-po*
Late	*Chi-po*
While	*Ring*
During	*Kab-su / Dü*

Telling Time		
4:00 - *Chu-tsö shi pa*		4:40 - *Chu-tsö shi tang kar-ma shi chu*
4 hours	*Chu-tsö shi*	
4:00	*Chu-tsö shi pa*	
At 4:00	*Chu-tsö shi pa la*	
It takes = *Gor*	*"It takes one hour to get to Lhasa."*	*Lhasa to arrive to hour one takes does* *Hla-sa la leb ya chu-tsö chik gor ki re*

Days of the Week	
Monday	*sa Da-wa (sa = day)*
Tuesday	*sa Mik-mar*
Wednesday	*sa Hlak-pa*
Thursday	*sa Pur-pu*
Friday	*sa Pa-sang*
Saturday	*sa Pen-pa*
Sunday	*sa Nyi-ma*

Calendar	
Year	*Lo*
Month	*Da-wa*
Week	*Dun-tak*
Day	*Nyi-ma*
the Date	*Tse-pa*
Holiday	*Kung-sing*
Tibetan New Year	*Lo-sar*

Quick Start Guide: Grammar

Useful Words		
English	*Tibetan*	
About	*Kor-la*	*Your family about say* *"Tell me about your family." Kye-rang ki nang-mi kor-la she-tang*
Almost	*Trab*	*Ball that in enter almost did* *"The ball almost went in." Po-lo de nang-la dzul trab che song*
Become	*Chak*	*Weather hot became did* *"It became hot." Nam-shi tsa-po chak song*
Bring Take	*Kyer*	*I to momo bring do* *"Bring me some momos." Nga la mo-mo kyer sho* *You book one take do* *"Take a book with you." Kye-rang ki deb chik kyer sho*
Change	*Gyur*	*He thinking changed did* *"He changed his mind." Kö sem-pa gyur sha*
to Finish	*Tsar*	*He tea drink finished* *"He's finished drinking tea." Ko cha tung tsar song*
Improve	*Yar-gye*	Your Tibetan improve going is *"Your Tibetan is improving." Kye-rang ki pö ke yang gye dro sha*
Invited	*Ke (tang)*	*He I food to say said* *"He invited me for food." Kö nga ka-la la ke tang song*
Is it so?	*Re ma-re*	"Is it or is it not?" / *"What do you think?"*
Maybe	*Chik-che-na*	*Maybe he Delhi to going is* *"He might go to Delhi?" Chik-che-na ko di-li la dro ki re*
Must	*Yin-chik* *min-chik*	*I must Tibet to go want* *"I must go to Tibet." Nga yin-chik min-chik pö la dro go*
Need	*Go-yö*	*I to tea need* *"I need some tea." Nga la cha go yö*
Reason	*Gyu-tsan*	*"What is the reason you need to come."* *You come want ? reason what is* *Kye-rang yong go pe gyu tsan ka-re re*
Time to	*Ren*	*Food eat time is* *"Now, it's time to eat. " Ka-la sa ren song*
Very	*She-tak*	*Momos this tasty very are* *"These momos are very delicious." Mo-mo de shim-po she-tak du*
Want	*Go*	*I to tea want* *"I want some tea." Nga la cha go*
Wish	*Re-wa*	*I to tea wish have* *"I wish I had some tea." Nga la cha re-wa yö*

Quick Start Guide: Grammar

Useful Phrases
You go ready are ? *"Are you ready to go?" Kye-rang dro cho-cho yin pe*
Careful do *"Be careful." Sab-sab che* (*also said when friends are departing*)
Heart worry not do *"Don't worry." Sem-tel ma-che*
He Trouble maker is *"He's a trouble maker." Ko nyo-ta so-ken re*
That Tibetan in how say do *"How do you say that in Tibetan." De pö-ke nang la ka-des lab ki re*
I time 10:00 at Laying down do *"I go to bed at 10:00." Nga chu-tsö chu pa la nyal ki yö* *I time 6:00 at arise do* *"I wake up at 6:00." Nga chu-tsö tuk pa la lang ki yö*
Tea drink from I come will *"I'll come after having tea." Cha tung ne nga yong ya yin*
That correct is ? *"Is this/that correct?" De dik du pe*
Difference not *"Makes no difference." Kye-par me*
Manage not do *"Mind your own business." Chu to ma che*
Nothing doing not is *"No problem." Ke che ki ma re*
Sorry, I early am *"Sorry I'm early." Gong-tak, nga ta sha* *Sorry, I Behind moment am* *"Sorry I'm late." Gong-tak, Nga chi-po cha song*
You most interesting food what is *"What's your favorite food?" Kye-rang nang-wa do-shö ka-la ka-re re*

Clauses, Phrases and Modifying Words

Forgot ___.	___ *Tran-pa **je** sha*	*My book remember forgot did* *"I forgot my book." Nge deb tran-pa je sha*
Is it O.K. **If** I ___.	___ ***Na** drik ki re pe*	*Stay if O.K. is ?* *"Is it O.K. if I stay?" De na drik ki re pe*
__ supposed to be __.	*Yin gö*	*"Chili is supposed to be hot."* *Chili that mouth hot supposed to be* *Se-pan ni ka tsa-po yin gö ki re*

Quick Start Guide: Grammar

Common Opposites			Opposites	
1.	Big	*Chen-po*	Small / Little	*Chung-chung*
2.	Cheap	*Ke-po*	Expensive	*Kong chen-po*
3.	Clean	*Tsang-ma*	Dirty	*Tsok-pa*
4.	Down	*Mar*	Up	*Yar*
6.	Easy	*Le-la-po*	Difficult / Hard	*Ka-le-kak-po*
7.	Far	*Ta-ring-po*	Near / Close	*Ta-nye-po*
8.	Fast	*Gyok-po*	Slow	*Ka-le*
9.	Full	*Kang*	Empty	*Tong-pa*
10.	Good	*Yak-po*	Bad	*Duk-cha*
11.	Heavy	*Jik-ko tsa-po*	Light	*Yang-po*
12.	High	*To-po*	Low	*Ma-po*
13.	Hot	*Tsa-po*	Cold	*Tang-mo*
14.	Inside	*Nang-lo*	Outside	*Chi-lo*
15.	Light	*Sal-po*	Dark	*Nak-kung*
16.	Loud	*Ke chen-po*	Soft	*Ke chung-chung*
17.	Many	*Mang-po*	Few	*Nyung-nyung*
18.	New	*Sar-po*	Old	*Nying-pa*
19.	Right	*Dik*	Wrong	*Nor*
20.	Safe	*Tan-po*	Dangerous	*Nyen-ka chen-po*
21.	Same	*Chik-pa*	Different	*Ka-ka*
22.	Single	*Chik-po*	Married	*Chang-sa gyap tsar-kan*
23.	Soft	*Jam-po*	Hard	*Tak-po*
24.	True / Real	*Ngö-ne*	False / Fake	*Dzu-ma*
25.	Wet	*Lön-pa*	Dry	*Kam-po*
Common Adjectives			**Opposites**	
1.	Best	*Yak-shö*	Worst	*Duk-shö*
2.	Biggest	*Chen shö*	Smallest	*Chung-shö*
3.	Fancy	*Yin-dok ka-po*	Basic	*Kyu-ma*
4.	Interesting	*Nang-wa do-po*	Boring	*Nyop-do*
5.	Similar	*Da-po*	Different	*Ka-ka*
6.	Simple	*Tab de-po*	Complex	*Nyo-ta tsa-po*
7.	Special	*Mik-sal*	Common	*Chi-tang*
Common Adverbs			**Opposites**	
1.	Calmly	*Shi-de tok-che-ne*	Nervously	*She-nang che-ne*
2.	Easily	*Le-la-po che-ne*	Difficultly	*Ka-le kak-po che-ne*
3.	Loudly	*Ke chen-po che-ne*	Quietly	*Jam tin-tin che-ne*
4.	Happily	*Kyi-po che-ne*	Sadly	*Sem kyo-po che-ne*
5.	Slow	*Ka-le*	Fast	*Gyuk-po*
6.	Slowly	*Ka-le che-ne*	Quickly	*Gyok-po che-ne*
7.	Well	*Yak-po tok-ne*	Poorly	*Duk-cha che-ne*

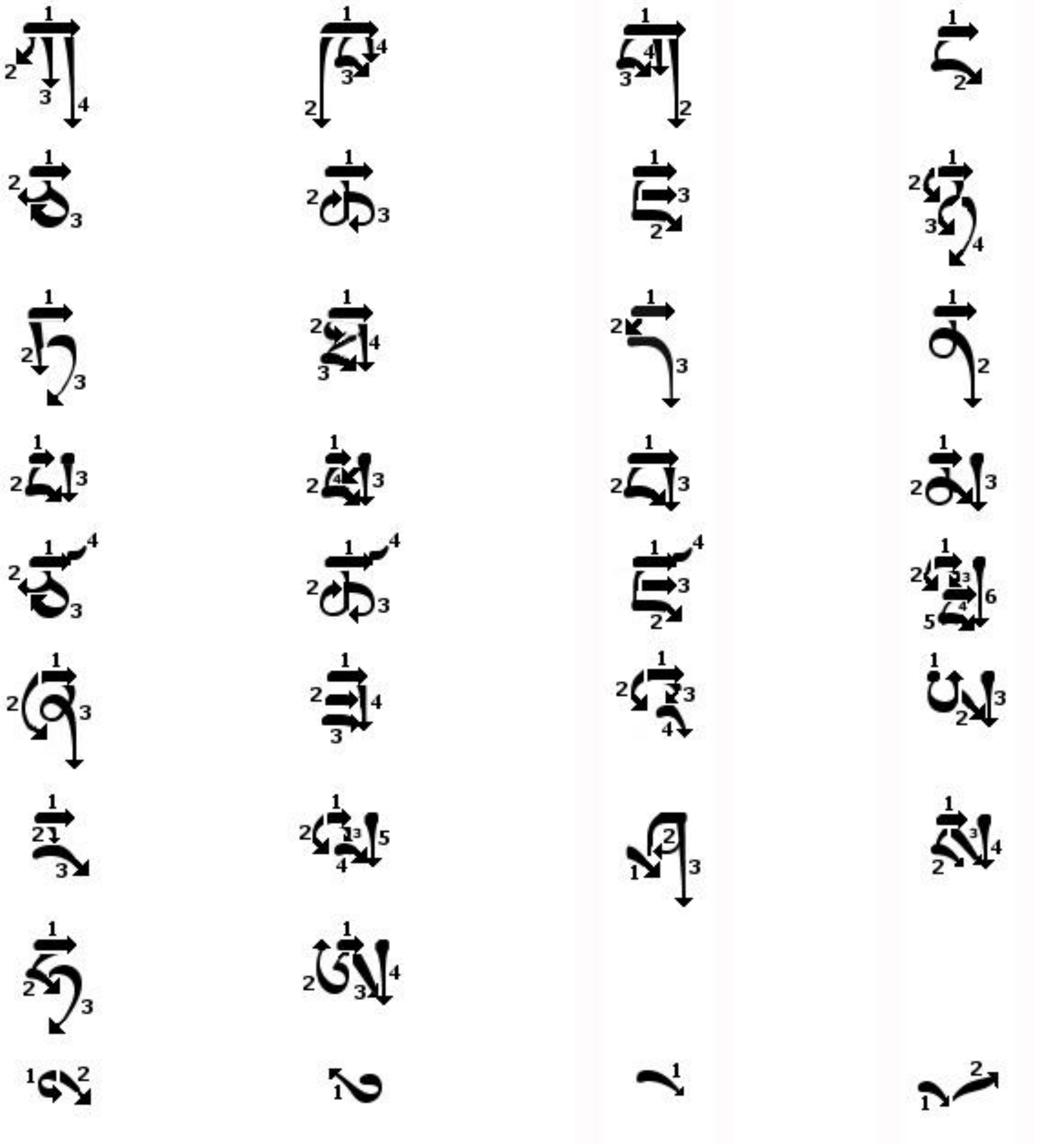
Spoken Tibetan Basics

A Spoken Tibetan Language Primer

A no-nonsense approach to learning spoken Tibetan

Ngarampa Sangye Tsultrim / Venerable Tenzin Tharpa

Writing the Alphabet



The above graphic was originally from: *A Basic Grammar of Modern Spoken Tibetan.*
Tashi, 1990. Dharamsala: Library of Tibetan Works and Archives.

The 30 Consonants

	Column 1 **Masculine** **High short tone**	**Column 2** **Neutral** **High aspirated tone**	**Column 3** **Feminine** **Low aspirated tone**	**Column 4** **Very Feminine** **Low tone**
Row 1	ཀ་ Ka	ཁ་ Kha	ག་ Kha (Ga)*	ང་ Nga
Row 2	ཅ་ Cha	ཆ་ Chha	ཇ་ Cha (Ja)*	ཉ་ Nya
Row 3	ཏ་ Ta	ཐ་ Tha	ད་ Tha (Da)*	ན་ Na
Row 4	པ་ Pa	ཕ་ Pha	བ་ Pha (Ba)*	མ་ Ma
Row 5	ཙ་ Tsa	ཚ་ Tsha	ཛ་ Dza	ཝ་ Wa

	All Feminine			
Row 6 *Throat tones*	ཞ་ Sha *Low tone*	ཟ་ Sa *Low tone*	འ་ Ah *Low tone*	ཡ་ Ya *Low tone*
Row 7	ར་ Ra *Low tone*	ལ་ La *Low tone*	ཤ་ Sha *High tone*	ས་ Sa *High tone*
Row 8	ཧ་ Ha *High aspirated tone*	ཨ་ Ah *High tone*		

** The tones of 3rd column letters on rows 1-6 are modified when a superscribed letter is added on top or a prefix letter is added in front of the root letter.*

The 4 Vowels

Vowels Pronunciation Chart

Vowel	Name	Pronunciation
◌ི - i	གི་གུ / Ki-ku	As in the word - **Tree**
◌ུ - u	ཞབས་ཀྱུ་ / Shab-kyu	As in the word – **Shoe**
◌ེ - e	འགྲེང་པོ་ / Deng-po	As in the word – **Day**
◌ོ - o	ན་རོ་ / Na-ro	As in the word – **Row**

All consonants begin with an inherent 'A' vowel sound, as in the word – **Father or star**
These four vowels change the 'A' sounds in consonants into the other four vowel sounds.

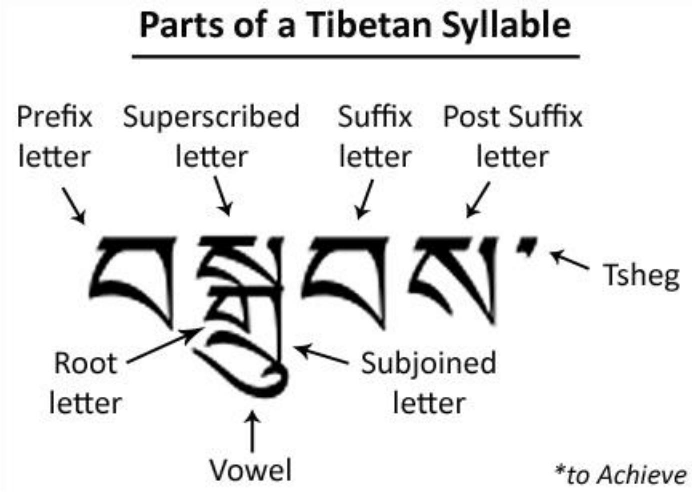
Vowel Pronunciation Exercise - 1
Recite the following exercise below with each letter of the alphabet rotating through the four vowels.

	◌ི **Ki-ku**	◌ུ **Shab-kyu**	◌ེ **Deng-po**	◌ོ **Na-ro**
ཀ་	*Say:* Ka + Ki-ku = Ki	Ka + Shab-kyu = Ku	Ka + Deng-po = Ke	Ka + Na-ro = Ko
ཁ་	*Say:* Kha + Ki-ku = Khi	Kha + Shab-kyu = Khu	Kha + Deng-po = Khe	Kha + Na-ro = Kho
ག	*Say:* Kha + Ki-ku = Khi	Kha + Shab-kyu = Khu	Kha + Deng-po = Khe	Kha + Na-ro = Kho
ང་	*Say:* Nga + Ki-ku = Ngi	Nga + Shab-kyu = Ngu	Nga + Deng-po = Nge	Nga + Na-ro = Ngo

Vowel Pronunciation Exercise - 2		***Say in twos***
ཀི་ ཀུ་	ཀེ་ ཀོ་	*Say:* Ki + ku / Ke + ko
ཁི་ ཁུ་	ཁེ་ ཁོ་	*Say:* Khi + Khu / Khe + Kho
གི་ གུ་	གེ་ གོ་	*Say:* Khi + Khu / Khe + Kho
ངི་ ངུ་	ངེ་ ངོ་	*Say:* Ngi + Ngu / Nge + Ngo

Continue both of these exercises with all the letters in the alphabet

The Tibetan Syllable



A Tibetan syllable can consist of anywhere between one to seven letters.

Parts of the Tibetan Syllable

1) Prefix letter / སྔོན་འཇུག – Prefix letters are always silent.
2) Superscribed letter / མགོ་ཅན་ – Superscribed letters modify the root letter.
3) Suffix letter / རྗེས་འཇུག – adds a <u>consonant sound only</u> to the root letter, no vowel sound.

   Suffix letters usually have a very short consonant sound or glottal stop, sometimes almost silent.

4) Post Suffix letter / ཡང་འཇུག – Post suffix letters are silent.
5) Root letter / མིང་གཞི་ – the main letter of a syllable.

   Finding the Root letter
   - The Root letter is the only letter that can be stacked or built upon.
   - The Root letter is usually the letter that has a vowel sign.

   When there is neither stacked nor vowel signs
   - In two letter syllables the Root is usually the first letter.
   - In three or four letter syllables the Root is usually the second letter.

6) Subjoined letter / འདོགས་ཅན་ – Subjoined letters modify the root letter.
7) Vowel letter / དབྱངས་ – changes the ‘A’ sound of consonants into the other vowels sounds.
8) Tsheg / ཚེག – Tshegs are used to separate syllables, words and sentences.

Introduction to Spelling

About Spelling
The very first thing to master in studying Tibetan is learning to spell properly with Tibetan letters. It is vital to your proper pronunciation of words.

Spelling out-loud in Tibetan
Spelling our-loud is almost an art-form in Tibetan, truly fascinating. No other language has such a unique grammatical style and tradition of spelling as in Tibetan.

Why do Tibetan words have so many silent letters?
It's told that originally all the letters in words were pronounced, but later were abandoned.
Some Tibetan scholars say that the silent letters can still be heard subtly by high speaking people.
Nowadays silent letters help to differentiate the spelling between similar words.

Don't just learn new words; learn the spelling of new words…all new words.
In conversations, when someone gives you a new word, immediately ask for the spelling. This is a common request even among Tibetans. Remember it clearly and write it down. Without knowing the spelling, your pronunciation of the word will deteriorate and become unrecognizable to others.

Spelling is very challenging to master.
Without a doubt spelling Tibetan words is challenging at the beginning, but it does become easier and eventually even fun. I've never heard of a language that when native speakers are around the dinner table having a simple conversation, they need to clarify words by spelling them to one another. Of course this is due to all of their different dialects being thrown together as refugees living in India.
So don't fight it, dig in and quickly become a good speller.

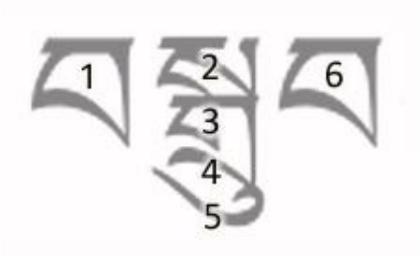
Reading and Spelling in Tibetan

Because of the unique stacked structure of Tibetan script, reading and spelling also has to be unique.

Reading in Tibetan
Letters are read from left to right while also reading from top to bottum.

Spelling in Tibetan
Spelling is done aloud, starting with the first letter with each additional letter modifying the pronunciation further.

Reading and spelling order



Superscribed Letters

❖ **The 3 types of superscribed (*head*) letters**

Superscribed letters rarely modify tone, and only change the tone of some 3rd and 4th column letters.

1. Ra – go / ར་མགོ
2. La – go / ལ་མགོ
3. Sa – go / ས་མགོ

1. The 12 Ra-gos / ར་མགོ་བཅུ་གཉིས་ནི་

རྐ་ རྒ་ རྔ་ རྗ་ རྙ་ རྟ་ རྡ་ རྣ་ རྦ་ རྨ་

Ga, Ja, Da, Ba

རྩ་ རྫ་

Dza

Spelling

རྐ

Ra	*First letter*
+ **Ka**	*Root letter*
+ **Tak**	*Joining Syllable*
= **Ka**	*Final tone*

*The joing syllable'**Tak**' is only used to facilitate spelling.*

---

2. The 10 La-gos / ལ་མགོ་བཅུ་ནི་

ལྐ་ ལྒ་ ལྔ་ ལྕ་ ལྗ་ ལྟ་ ལྡ་ ལྤ་ ལྦ་ ལྷ་

Ga, Ja, Da, Ba, Lha

Spelling

ལྐ

La	*First letter*
+ **Ka**	*Root letter*
+ **Tak**	*Joining Syllable*
= **Ka**	*Final tone*

---

3. The 11 Sa-gos / ས་མགོ་བཅུ་གཅིག་ནི་

སྐ་ སྒ་ སྔ་ སྙ་ སྟ་ སྡ་ སྣ་ སྤ་ སྦ་ སྨ་ སྩ་

Ga, Da, Ba, Dza

Spelling

སྐ

Sa	*First letter*
+ **Ka**	*Root letter*
+ **Tak**	*Joining Syllable*
= **Ka**	*Final tone*

The Superscribed letters do not need to be memorized.

The tones of 3rd column letters on rows 1-6 are modified when:
A superscribed letter is added on top
or a prefix letter is added in front of the letter.

+ + ག

The tones of 4th column letters on rows 1-6 are modified when:
A superscribed letter is added on top.
These become high unaspirated sounds.

+ ང

Subjoined Letters

❖ **The 4 types of subjoined letters**

1. Ya-ta / ཡ་བཏགས་
2. Ra-ta / ར་བཏགས་
3. La-ta / ལ་བཏགས་
4. Wa-sur / ཝ་ཟུར་

1. **The 7 Ya-tas / ཡ་བཏགས་བདུན་ནི་**

ཀྱ་	ཁྱ་	གྱ་	པྱ་	ཕྱ་	བྱ་	མྱ་
Kya	Kyha	Kyha	Cha	Chha	Chha	Nya

Spelling

ཀྱ
- **Ka** *Root letter*
- \+ **Ya** *Second letter*
- \+ **Tak** *Joining Syllable*
- = **Kya** *Final tone*

---

2. **The 11 Ra-tas / ར་བཏགས་བཅུ་གཅིག་ནི་**

ཀྲ་	ཁྲ་	གྲ་	ཏྲ་	དྲ་	པྲ་	ཕྲ་	བྲ་	མྲ་	སྲ་	ཧྲ་
Tra	Thra	Thra	Tra	Thra	Tra	Thra	Thra	Ma	Sa	Hra

- *Pronounced by curling back the tongue to the top of the mouth giving it a slightly muted 'Da'sound.*
- *Some pronounce the* 'Ra-tas' *with a distinct 'R' sound, But most Tibetans do not.*

Spelling

ཀྲ
- **Ka** *Root letter*
- \+ **Ra** *Second letter*
- \+ **Tak** *Joining Syllable*
- = **Tra** *Final tone*

---

3. **The 6 La-tas / ལ་བཏགས་དྲུག་ནི་**

ཀླ་	གླ་	བླ་	རླ་	སླ་	ཟླ་
La	La	La	La	La	Dha

(These have a slightly higher tone)

Spelling

ཀླ
- **Ka** *first letter*
- \+ **La** *Root letter*
- \+ **Tak** *Joining Syllable*
- = **La** *Final tone*

---

4. **The 13 Wa-surs / ཝ་ཟུར་བཅུ་གསུམ་ནི་**

ཀྭ་ ཁྭ་ གྭ་ ཉྭ་ དྭ་ ཙྭ་ ཚྭ་ ཞྭ་ ཟྭ་ རྭ་ ལྭ་
ཤྭ་ ཧྭ་ *(No change to tone)*

Spelling

ཀྭ
- **Ka** *Root letter*
- \+ **Wa sur** *Second letter*
- = **Ka** *Final tone*

The Subjoined letters do not need to be memorized.

Sanskrit Letters

The Tibetanized Sanskrit letters are used for Sanskrit and foreign language tones not found in the Tibetan language. The difference in pronunciation between these Tibetanized Sanskrit letters and Tibetan letters is so small, Tibetans rarely make an effort to pronounce them differently.

❖ **The 6 Sanskrit letters /** ལོག་ཡིག་དྲུག་ནི་

ཊ་ ཋ་ ཌ་ ཎ་ ཥ་ ཀྵ་

Da Tha Da Na Kha Kyha

Spelling

ཀྵ
- **Ka** — *Root letter*
- + **Sha** — *Second letter*
- + **Tak** — *Joining Syllable*
- = **Kyha** — *Final tone*

❖ **The 5 heavy Sanskrit letters /** མཐུག་པོ་ལྔ་ནི་

གྷ་ དྷ་ བྷ་ ཛྷ་ ཌྷ་

Ga Da Ba Dza Dra

Spelling

གྷ
- Ga — *first letter*
- + Ha — *Root letter*
- + Tak — *Joining Syllable*
- = Ga — *Final tone*

The Sanskrit letters do not need to be memorized.

❖ ཧྥ་ - This letter is used to create the 'F' sound found in western Latin based languages.

Fa - *as in father or France*

Common Punctuation Marks

- • - Tsheg / ཚེག – used to separate syllables, words and sentences.
- ། - She / ཤད་ – used as a comma or period.
- ༎ - Nyi-she / གཉིས་ཤད་ – marks the end of a section.
- ༎ ༎ - Shi-she / བཞི་ཤད་ – marks the end of a chapter or long prose.
- ༄༅ - Yik-go / ཡིག་མགོ་ – marks the beginning of a text or page.

Building Syllables: Prefixes, Suffixes and Post Suffixes

❖ **The five prefix letters / སྔོན་འཇུག་ལྔ་ནི་ །**

ག་ ད་ བ་ མ་ འ་

Prefix letters come before the root letter and are always silent. When spelling these prefixes aloud, we pronounce them with an added 'ow' sound on the end: *e.g.* Khow, Dhow, Phow, Mow, Ow
This helps to identify them as prefixes when the spelling is heard.

❖ **The ten suffix letters / རྗེས་འཇུག་བཅུ་ནི་ །**

ག་ ང་ ད་ ན་ བ་ མ་ འ་ ར་ ལ་ ས་

Suffix letters come after the root letter. Suffixes add a consonants sound only to the root letter.
The suffix letter usually has a very short sound or glottal stop, and is sometimes almost silent.

- The Suffix འ་ can occasionally take on a vowel sign (འི་) to express possession.

❖ **The special suffixes** - ད་ ས་ ལ་ ན་

Although silent, when placed after the root letter, these suffixes modify the root letter's vowel sound. Similar to the way the letter 'E' in English placed at the end of a word is silent, but modifies the word's vowel sound: *e.g.* 'Sam' becomes 'Sam<u>e</u>'.

1) ད་ and ས་ – Change root letter 'A' sounds into 'E' sounds and 'O' and 'U' sounds to Ö sounds .

ན་ - ནད་ Na Ne	ན་ - ནས་ Na Ne	ནོ་ - ནོད་ No Nö	ནོ་ - ནོས་ No Nö

2) ལ་ **and** ན་ – also changes 'A' sounds into 'E' sounds and 'O' and 'U' sounds to Ö sounds .

ན་ - ནལ་ * Na Nel	ན་ - ནན་ * Na Nen	ནོ་ - ནོལ་ * No Nöl	ནོ་ - ནོན་ * No Nön

* *Not an actual word*

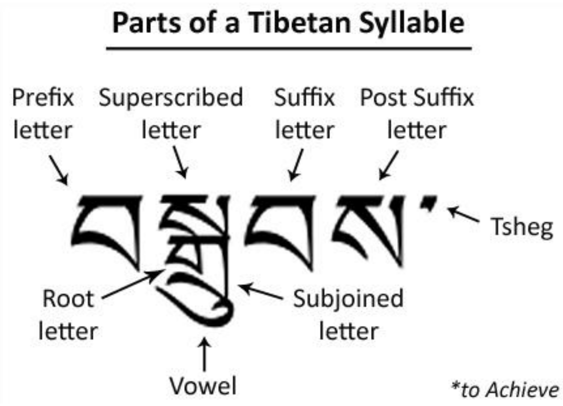
❖ **The two post suffix letters / ཡང་འཇུག་གཉིས་**

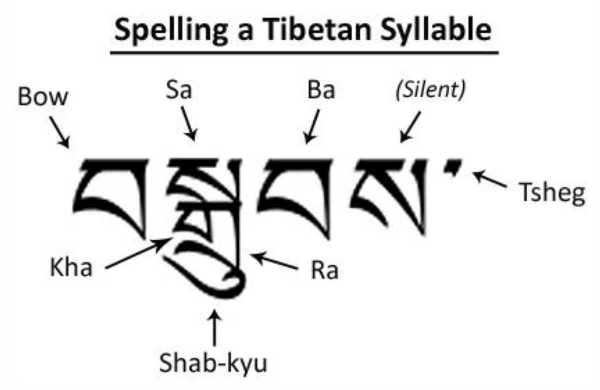
ད་ ས་

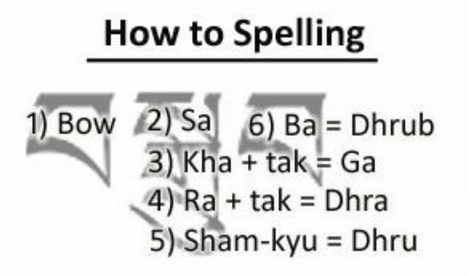
Post suffix letters are always silent and used just for spelling.

The Prefixes, Suffixes and Post Suffixes letters do not need to be memorized.

Spelling Words in Tibetan







When spelling this, say: Bow, Sa Kha + T*ak* = Ga, + Ra + tak = Dhra, + Shab-kyu = Dhru, + Ba = Dhrub

(Tak - is only a connecting particle used for spelling)

Spelling Some Words

Yak གཡག་ - Kow, Ya Kha = **Yak**	<u>**Spelling**</u> གཡག་ **Kow** *Prefix* + **Ya** *Root letter* + **Kha** *Suffix* = **Yak** *Final tone*

Make བཟོ་ - Bow, Sa Na-ro = **So** *(to make)*	<u>**Spelling**</u> བཟོ་ **Bow** *Prefix* + **Sa** *Root letter* + **Na-ro** *Vowel* = **So** *Final tone*

Spelling Two Syllable Words in Tibetan

❖ When spelling two or more syllable words only the first syllable carries the tonal quality of the word. Other syllables within or after the first syllable have no tonal quality (high, low or aspirated tones).

Apple ཀུ་ཤུ་	**<u>First Syllable</u>** ཀུ་ **Ka** *Root letter* **+ Shab kyu** *Vowel* = **Ku** *Final tone*	**<u>Second Syllable</u>** ཤུ་ **Sha** *Root letter* **+ Shab kyu** *Vowel* = **Shu** *Final tone* Full word - **Ku-shu**
Say: Ka + Shab kyu = Ku / Sha + Shab kyu = Shu = **Ku-shu**		

School སློབ་གྲྭ་	**<u>First Syllable</u>** སློབ་ **Sa** *First letter* + **La** *Root letter* + **Tak** *Joining syllable* = **La** **+ Na-ro** *Vowel* = **Lo** **Ba** *Suffix* = **Lob** *Final tone*	**<u>Second Syllable</u>** གྲྭ་ **Kha** *First letter* + **Ra** *Root letter* + **Tak** *Joining syllable* = **Thra** **+ War sur** *No change* = **Thra** *Final tone* Full word - **Lob-thra**
Say: Sa + La + tak = La, + Na-ro = Lo, Ba = Lob / Kha + Ra + tak = Thra + War sur = Thra = **Lob-thra**		

Spelling Practice

Some Simple Opposites			
Good	ཡག་པོ་	Bad	སྡུག་ཅག་
Beautiful	སྙིང་རྗེ་པོ་	Ugly	མདོག་ཉེས་པོ་
New	གསར་པ་	Old	རྙིང་པ་
Big	ཆེན་པོ་	Small	ཆུང་ཆུང་
Clean	གཙང་མ་	Dirty	བཙོག་པ་
Expensive	གོང་ཆེན་པོ་	Cheap	ཁེ་པོ་
Many	མང་པོ་	Few	ཉུང་ཉུང་

Unusual Spellings and Pronunciations

- **Glottal or abrupt stops on many ending syllables**.
  As in the word '*Tashi Delek*' the final letter 'k' is usually not pronounced but works as a glottal stop, and abruptly ends on the last vowel tone 'e' '*Tashi Dele'*.

- **Unusual pronunciation with the letter བ་**

  བ་ and བོ་ are pronounced 'wa' and 'wo' when in the 2nd or 3rd syllable of a word.

  - འགྲོ་བ་ / to go *(pronounced 'dro-wa')*
  - ཁ་ལོ་བ་ / Driver *(pronounced 'ka-lo-wa')*

- **Unusual spellings with the letter བ་**

  When ད་ is placed before བ་, the བ་ becomes silent and only possesses the sound of the modifying letters, as In the words:

  - དབྱར་ཁ་ / summer *(pronounced 'yar-ka')*
  - དབྱེ་བ་ / division *(pronounced 'ye-wa')*

Some Words with Unusual Pronunciation

དཔྲལ་	*(pal)*	དཔྲལ་གོག་ / Forehead
སྤྲང་	*(pang)*	སྤྲང་གོག་ / Beggar
སྤྲེའུ་	*(pi-u)*	Monkey

བྲང་	*(pong)*	བྲང་གོག་ / Chest
ཕྱེ་	*(Che or pee)*	Open
སྲབ་སྲབ་	*(tap-tap)*	Thin

Unusual Compound Letter Pronunciation Chart

High un-aspirated	
དབྲའ་	Dhra
དབྱའ་	Ya
དབའ་	Wa

High aspirated	
ལྷ་	Lha
ཧྲ་	Hra
ཧྥ་	Fa

Low un-aspirated			
འབའ་	Ba		
ཟླ་	Da		

Low aspirated	

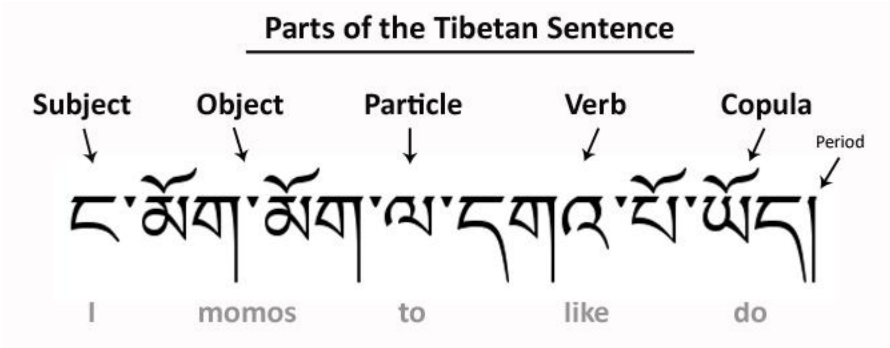
How to Use the Tibetan Dictionary

The Tibetan Dictionary's Alphabetized Order	
ཀ་	**Single root letter.**
	ཀན་ - with suffix letters.
	ཀི་ - with vowels. *Vowel order:* ཀི་ ཀུ་ ཀེ་ ཀོ་
	ཀིན་ - with suffix letters and vowels.
ཀྱ་	**Root with subjoined letters.**
	ཀྱི་ - subjoined letters with vowels.
	ཀྱན་ - subjoined letters with suffix letters.
	ཀྱིན་ - subjoined letters with suffix letters and vowels.
དཀ་	**Prefix letters.**
	དཀི་ - with vowel.
	དཀྱ་ - subjoined letters with prefix letters.
	དཀྱན་ - subjoined letters with suffix and prefix letters.
	དཀྱིན་ - subjoined letters with suffix, prefix letters and vowels.
རྐ་	**Root with superscript letters.**
	རྐན་ - superscribed letters with suffix letters.
	རྐི་ - superscribed letters with vowels.
	རྐིན་ - superscribed letters with suffix letters and vowels.
	རྐྱན་ – superscribed letters with subjoined and suffix letters.
	རྐྱིན་ – superscribed letters with subjoined, suffix letters and vowels.
	དརྐྱན་ – superscribed letters with subjoined, suffix, and prefix letters.
	དརྐྱིན་ – superscribed letters with subjoined, suffix, prefix letters and vowels.

Examples given are not actual words and do not follow proper grammatical spelling rules.

The Tibetan Sentence

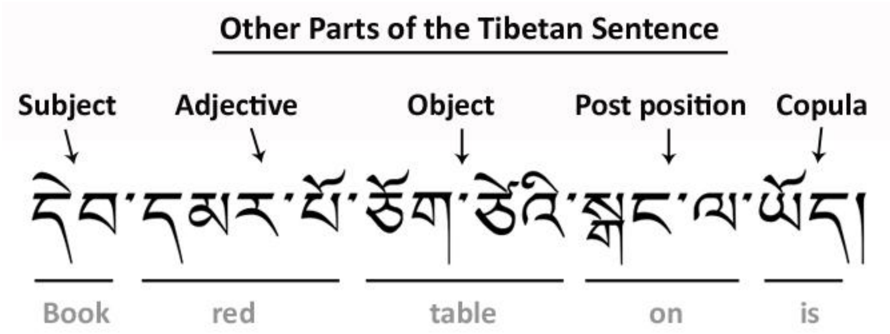
Reading Tibetan: The biggest challenge in reading Tibetan is the absence of spaces between words and sentences. Picking out the grammatical particles first is an easy way to differentiate between words. Eventually it is just experience that will allow you to become proficient at identifying single words.



The Tibetan sentence structure follows: S.O.V.T. – Subject-Object-Verb-Tense

Sentence / ཚིག་སྒྲུབ་

1) Subject / བྱེད་པ་པོ་ - nouns, pronoun.
2) Object / བྱ་བའི་ཡུལ་ - nouns, pronoun.
3) Particle / ཕྲད་ - to, but, and.
4) Verb / བྱ་བ་ - action words.
5) Copula / ཚིག་ཕྲད་ - is, are, am, have.
6) ། / ཤད་ - period, ends a sentence, paragraph or thought.



Other parts of the Tibetan sentence

1) Adjectives / ཁྱད་ཚིག - adjectives are placed after the noun in Tibetan.
2) Adverbs / བྱ་བའི་ཁྱད་ཚིག - adverbs are placed before the verb in Tibetan.
3) Post positions / ཚིག་ཕྲད་ - 'postposition' (post = *after*) *in, on, at*, are placed after the object.

In English these are called 'preposition' (pre = before) and are placed before the object.

Working with Sentences

- Tibetan and English sentences both begin with the subject, but then their structures become opposite. You can actually read a Tibetan sentence backwards to translating it into English.

“I will come after drinking tea.”	*Start* I ང་	tea ཇ་	drink འཐུང་	after ནས་	come ཡོང་	will གི་ཡིན། ← *Read backwards*

- **Making a simple sentence with S-O-V-T / Subject-Object-Verb-Tense**

“I am eating food.”

Subject	Object	Verb	Tense
I’m	*food*	*eat*	*am doing / did / will do*
ངས་	ཁ་ལག་	ཟ་	གི་ཡོད་ *Present*
			པ་ཡིན་ *Past*
			ཡ་ཡིན་ *Future*

Making a simple sentence with S-O-V-T

1) Choose your **subject.**
2) Choose your **Object.**
3) Choose your **verb**. *Eat, buy, make, sell.*
4) Choose your **tense**.

- **Making a complex sentence**

Below is an example of a more complicated sentence structure.

“I am reading those thick books on the table quickly.”

Subject	Object	Adjective	Demonstative	Postposition	Adverb	Verb	Tense
I’m	Books	thick	those	on the table	quickely	read	am
ངས་	དེབ་	མཐུག་པོ་	དེ་ཚོ་	ཅོག་ཙེ་སྟེང་ལ་	མགྱོགས་པོར་	ཀློག་	གི་ཡོད་ *Present*
							པ་ཡིན་ *Past*
							ཡ་ཡིན་ *Future*

- **In Tibetan, the ‘object - verb’ relationship is very important.**
  When making short sentences and giving short answers, the verb is usually given with its object.
  E.g. Question: *“What are you doing?”* Answer: ཁ་ལག་ཟ་གི་ཡོད། *“eating food.” (Object and verb)*

In Tibetan you rarely answer a question by just giving the verb.

Pronouns

❖ **Pronouns / མིང་ཚབ་** Pronouns are basically the same in Tibetan as in English.

Single Pronouns / གང་ཟག་གཅིག་ཚིག		Plural Pronouns / གང་ཟག་མང་ཚིག	
I	ང་	We	ང་ཚོ་ *
You	ཁྱེད་རང་	You all	ཁྱེད་རང་ཚོ་
He / She	ཁོ་ / མོ་	They	ཁོ་ཚོ་
It	དེ་	They	དེ་ཚོ་
This	འདི་	These	འདི་ཚོ་
That	དེ་	Those	དེ་ཚོ་

Possessive Pronouns / འབྲེལ་ཡུལ་གང་ཟག		Possessive Plural / འབྲེལ་ཡུལ་གང་ཟག་མང་ཚིག	
My	ངའི་	Our	ང་ཚོའི་ **
Your	ཁྱེད་རང་གི་	Your	ཁྱེད་རང་ཚོའི་
His / Hers	ཁོ་གི་ / མོ་གི་	They're	ཁོ་ཚོའི་
Its	དེ་འི་	Thiers	དེ་ཚོའི་
These	འདི་གི་	Their	འདི་ཚོའི་
Those	དེ་གི་	Their	དེ་ཚོའི་

One's Self / རང་ཚིག		One's Self Plurals / རང་ཚིག་གི་མང་ཚིག	
Myself	ང་རང་རང་	Ourselves	ང་ཚོ་རང་
Yourself	ཁྱེད་རང་རང་	Yourselves	ཁྱེད་རང་ཚོ་རང་
Himself / Herself	ཁོ་ / མོ་ རང་རང་	Themselves	ཁོ་ཚོ་རང་
Itself	དེ་རང་	Themselves	དེ་ཚོ་རང་

* **The plural particle** ཚོ་ - this is used to create plurals in pronouns *(used for people and these /those)*.

** **The possessive plural particle** ཚོའི་ - the འི་ adds possession to the above plural particle.

Nouns, Compound Words and Contractions

❖ **Nouns** / མིང་ཚིག་ – nouns are basically the same in Tibetan as in English – *a person, place or thing.*

Most Tibetan words contain one or two syllables, but some can have even three syllables.

ཇ་ *(tea)* – 1 syllable / འཛིན་གྲྭ་ *(class)* – 2 syllable / ཚ་ལུ་མ་ *(orange)* - 3 Syllables

❖ **Compound words / སྦྱར་ཚིག་**

In Tibetan, compound words are created by joining together nouns, verbs, adjectives or adverbs.

- **Tibetan uses compound words to make other words.**

  ཚོང་ལས་ business + ཁང་པ་ house = ཚོང་ཁང་ shop or store.

  གནམ་ sky + གྲུ་ boat = གནམ་གྲུ་ airplane.

  སྡོད་ stay + ས་ place = སྡོད་ས་ stay place *(hotel or guest house)*

- པོ་ and མོ་ (or པ་ and མ་) are used to distinguish between men and woman.

  གྲོགས་པོ་ Friend *(male)*

  གྲོགས་མོ་ friend *(female)*

❖ **Verb - nouns**

Verb-nouns are created by adding ཡ་ to verbs.

ཟ་ཡ་ eat thing *(something to eat)*

ཀློག་ཡ་ read thing *(something to read)*

❖ **Contractions and Abbreviations**

In Tibetan contractions and abbreviations are created in two ways:

1) Simply by dropping the second syllable of some word.

   ད་ལྟ་ now, is shortened to ད་ now

2) Or by joining together the first syllables of two words.

   གནམ་མཁའ sky + གཤིས་ཀ character = གནམ་གཤིས་ weather

Names are also commonly abbreviated:

བསྟན་འཛིན་ཐར་པ་ Tenzin Tharpa, abbreviated becomes བསྟན་ཐར་ Ten-Thar

Verbs

- **Verbs** / བྱ་ཚིག are definitely challenging to study in any language and Tibetan is no exception.

  In Tibetan, verbs are usually placed at the end of the sentence.

- **The infinitive verb form in Tibetan**
  When we talk '*about*' verbs in class, we use the infinitive form. The infinitive is the simplest form of a verb, the basic verbs before adding *ing, ed, s*, or tenses to them. When we see a list of verbs in a grammar book they are usually listed in the infinitive form.

  - In English, infinitive verbs are recognized by the word 'to' in front of them:
    to eat, to drink, to make, to meet.

  - In Tibetan, infinitive verbs are recognized by the syllable བ་ or པ་ after the verb's root syllable:

to eat,	to drink,	to make,	to meet.
ཟ་བ་	བཏུང་བ་	བཟོ་བ་	ཐུག་པ་

  We use Infinitive verbs when they are the 'object' in a sentence: '*to eat fruit is good'*.
  In both English and Tibetan we usually drop the infinitive when using verbs in sentences.

  The rules for using the infinitives: བ་ or པ་ are complex and not addressed in this primer text.

- **The negative particle** མ་ when placed before a verb, this particle creates a negative.

to not eat,	to not drink,	to not make,	to not meet.
མ་ཟས་པ་	མ་བཏུང་བ་	མ་བཟོས་པ་	མ་ཐུག་པ་

  Negative verbs are always written in their past tense forms: ཟ་ */eat, becomes* ཟས་ / *ate*

- **The two main kinds of verbs in Tibetan are:** 'simple verbs' and 'noun-verbs'.

  1. **Simple verbs** are the same in both English and Tibetan, except for their placement.
     - In English verbs are usually placed before the object: "*I drink tea*."
     - In Tibetan they are usually placed after the object: "*I tea drink*." ངས་ཇ་མཐུང་གི་ཡོད །

  2. **Noun-verbs:** as the name implies, are made by adding a verb to a noun.
     གཉིད་ / sleep *(the noun)* + ཁུག་ / to sleep *(the verb)* = གཉིད་ཁུག་ / to sleep

  When using adverbs with noun-verbs, the adverb is usually placed between the noun and verb:

I	*slept*	***good***	*verb*	*tense*
ང་	གཉིད་	(ཡག་པོ་)	ཁུག་	སོང་ །

Verbs

❖ **Verb tenses and spelling:** Like in English some verbs remains the same regardless of the tense, while others change when using different tenses. Present and future verbs, as in English, are usually pronounced the same, but spelling can be different.

Verb Spelling	Verb	Present	Past	Future
Same spelling	to Say	བཤད་	བཤད་	བཤད་
Different spelling	to Do	བྱེད་	བྱས་	བྱ་
Different words	to Go	འགྲོ་	ཕྱིན་	འགྲོ་

Usualy the suffix ས་added to a verb indicates past tense and the prefix འ་ added indicates future tense.

<u>IMPORTANT</u>: In simple spoken Tibetan, present tense verbs are often used for all tenses.

Verbalizers

❖ **Verbalizers** – are similar to 'noun-verbs'. But while noun–verbs have a distinct meaning, verbalizers have a more general usage often having no real meaning themselves.

E.g. In English, we can use the suffix '*ize*' to turn the noun '*memory*' into the verb '*memorize*'.
or we can use the suffix '*ate*' to turn the noun '*translation*' into the verb '*translate*'.

In spoken Tibetan, the verbalizer's 'past tense' <u>pronunciation</u> is usually used for all tenses.

The 3 Main Verbalizers				
Present	Past	Future		**Negatives**
གཏོང་	བཏང་	གཏང་	*to send, to let out, to fall,*	མ་བཏང་
རྒྱབ་	བརྒྱབས་	བརྒྱབ་	*to strike or to express an action.*	མ་བརྒྱབས་
བྱེད་	བྱས་	བྱས་ (spoken)	*to do, to act.*	མ་བྱས་

Examples of Verbalizers	
བཏང་	ཆར་པ་ / rain *(noun)* + བཏང་ = ཆར་པ་བཏང་ / to rain *(verb)*
བརྒྱབས་	སྒོམ་ / meditate *(noun)* + བརྒྱབས་ = སྒོམ་རྒྱབ་ / to meditate *(verb)*
བྱས་	ལས་ཀ་ / work *(noun)* + བྱས་ = ལས་ཀ་བྱས་ / to work *(verb)*

Verb Conjugation in Tibetan

Verb Conjugation in Tibetan					
Infinitive	**Present** and/or Imperative	**Present continuous**	**Habitual continuous**	**Past**	**Future**
ཟ་བ་	ཟ་	ཟ་གི་ཡོད་	ཟ་གི་ཡོད་	ཟས་པ་ཡིན་	ཟ་ཡ་ཡིན་
to Eat	Eat	Eating	Eat / Eats	Ate	**will** Eat
To eat food	*"Eat this food!"*	*"I'm eating food."*	*"I eat food."*	*"I ate food."*	*"I will eat food."*

- **Voluntary and involuntary verbs** - *also known as volitional and non-volitional verbs.*
  - Voluntary verbs - are controllable actions, denoting deliberate intention.
  - Involuntary verbs - are non-controllable actions, and do not denote deliberate intention.

  In English, it is like the difference between 'listening' and 'hearing'.
  - To listen - is to actively participate in the action: "I'm listening to my radio." (Voluntary)
  - To hear - does not denote deliberate doing of the actions: "did you hear that?" (Involuntary)

  When using an involuntary verb for oneself, 2nd and 3rd person copulas must be used.

  "I fell asleep." - ང་གཉིད་ཤོར་སོང་། *"I became sick."* - ང་ན་སོང་།

- **Transitive and intransitive verbs**

  The difference between transitive and intransitive verbs are only evident in the way the verb is used.
  - Transitive verbs take an object - *e.g.* 'to see' (*something)* 'to understand' (*something)*.
  - Intransitive verbs does not take an object - *e.g.* 'to sleep', 'to die'.

  The combination of voluntary and transitive verbs creates 4 sub-categories of verbs.

4 Sub-Categories of Verbs	**Voluntary Verbs** ཆེད་དུ་བྱེད་པའི་བྱ་ཚིག་	**Involuntary Verbs** རང་བཞིན་གྱི་བྱ་ཚིག་
Transitive Verbs བྱེད་འབྲེལ་ལས་ཚིག་ *Takes on object*	**1.** *"to **Look"** (at something)* ལྟ་	**2.** *"to **See**" (something)* མཐོང་
	*"to **Listen**" (to something)* ཉན་	*"to **Hear**" (something)* གོ་
Intransitive Verbs བྱེད་མེད་ལས་ཚིག་ *No object*	**3.** *"to* **Go***"* འགྲོ་	**4.** *"to **Be sick**"* ན་
	*"to **Lie down**"* ཉལ་	*"to **Die**"* ཤི་

Adjectives and Adverbs

❖ **Adjectives /** མིང་གི་ཁྱད་ཚིག - words that describe nouns.

In English adjectives are placed before nouns: *Big dog*

Whereas In Tibetan adjectives are placed after nouns: *Dog big /* ཁྱི་ཆེན་པོ་

Some Useful Adjectives			
Good	ཡག་པོ་	Bad	སྡུག་ཅག་
Big	ཆེན་པོ་	Small	ཆུང་ཆུང་
Beautiful	སྙིང་རྗེ་པོ་	Ugly	མདོག་ཉེས་པོ་
New	གསར་པ་	Old	རྙིང་པ་
Clean	གཙང་མ་	Dirty	བཙོག་པ་

❖ **Adverbs /** བྱ་བའི་ཁྱད་ཚིག – words that describe verbs.

In English adverbs are placed after verbs: *Listening happily*

Whereas In Tibetan adverbs are placed before verbs: *Happily listening /* སྐྱིད་པོ་ཉན་

❖ **Adverbializers** – Turn adjectives into adverbs

In English adverbs are often made by adding ‘**ly**’ to adjectives: *happi**ly**, slow**ly**, quick**ly**.*

In Tibetan this is achieved similarly by adding:

- བྱས་ནས་ / same as adding ‘ly’ to the end of a word.
- ཐོག་ནས་ / same as adding ‘ly’ to the end of a word.

Some Useful Adverbs Made With Adverbializers			
Slowly	ག་ལེར་བྱས་ནས་	Quickly	མགྱོགས་པོ་བྱས་ནས་
Happily	སྐྱིད་པོ་ཐོག་ནས་	Sadly	སེམས་སྐྱོ་པོ་ཐོག་ནས་
Well	ཡག་པོ་ཐོག་ནས་	Poorly	སྡུག་ཅག་བྱས་ནས་

Postpositions

❖ **Postpositions** / ཚིག་ཕྲད་ and ལ་དོན་

In English, we call these ‘prepositions’ (*pre = before*) because they are placed before the object.

In Tibetan, they are called ‘postpositions’ (*post = after*) because they are placed after the object.

- In English: *“The book is on the table.”*
- In Tibetan: *“Book that table on is.”* དེབ་དེ་ཅོག་ཙེའི་སྟེང་ལ་ཡོད། །

Some Useful Postpositions			
Above	སྟེང་ལ་	Below	འོག་ལ
Before	སྔོན་ལ་	After	རྗེས་ལ་
In between	བར་ལ་	In the middle	དཀྱིལ་ལ་
In front of	མདུན་ལ་	Behind	རྒྱབ་ལ་
In / Inside	ནང་ལོགས་ལ་	Out / Outside	ཕྱི་ལོགས་ལ་
Near	ཐག་ཉེ་པོ་	Far	ཐག་རིང་པོ་
Next to	འཁྲིས་ལ་	On the far side	ཕར་ཕྱོགས་ལ་
On	སྟེང་ལ་	Under	འོག་ལ་
On this side	ཚུར་ཕྱོགས་ལ་	On the other side	ཕྱོགས་གཞན་པ་ལ།
Up there	ཡ་གི་	Down there	མ་གི་
Those up there	ཡ་གི་དེ་ཚོ	Those down there	མ་གི་དེ་ཚོ
To / In / At / On / For	ལ་	From	ནས་
Upstairs	ཐོག་ག་ལ་	Downstairs	འོག་ལ་

❖ Tibetan is a strongly ‘directional’ language showing motion of words/actions from subject to object.

He (from) you (to) momos buy told did.

”He told you to buy momos.” ཁོ་ གིས་ ཁྱེད་རང་ ལ་ མོག་མོག་ཉོས་ལབ་སོང་ །

Conjunctions and Connectives

Some Useful Conjunctions and Connectives		
After that	དེའི་རྗེས་ལ་	*"After that I had tea."* དེའི་རྗེས་ལ་ངས་ཇ་འཐུང་པ་ཡིན །
Also	ཡང་	*"I'm also sick."* - ང་ཡང་ན་གི་འདུག
And	དང་	*"I'm eating momos and bread."* ངས་མོག་མོག་དང་བག་ལེབ་ཟ་གི་ཡོད །
Because	གང་ཡིན་ཟེར་ན་	*"I like momos because momos are delicious."* ང་མོག་མོག་ལ་དགའ་པོ་ཡོད་གང་ཡིན་ཟེར་ན་མོག་མོག་ཞིམ་པོ་འདུག
But	ཡིན་ན་ཡང་	*"I need to go for a walk but it's hot."* ང་འཆམ་འཆམ་ལ་འགྲོ་དགོས་གི་ཡོད ། ཡིན་ན་ཡང་ཚ་བ་འདུག
However	གང་ལྟར་ཡང་	*"The weather is very hot however I like it."* གནམ་གཤིས་དཔེ་ཚ་པོ་འདུག་ཟེར །གང་ལྟར་ཡང་ང་དགའ་པོ་ཡོད །
Neither	གཅིག་ལ་	*"Do you like momos or thupa?" "Nether."* ཁྱེད་རང་མོག་མོག་དགའ་པོ་ཡོད་པས་ཐུག་པ་དགའ་པོ་ཡོད ། གཅིག་ལ །
Or	ཡང་ན་ (*And / Or*)	*"Are oranges or apples sweeter?"* ཀུ་ཤུ་མངར་བ་རེད་ཡང་ན་ ཚ་ལུ་མ་མངར་བ་རེད་ །
Since	སོང་ཙང་	*"Since your rich I won't give you any money."* ཁྱེད་རང་ཕྱུག་པོ་ཡིན་སོང་ཙང་། ངས་དངུལ་སྤྲད་གི་མིན །
So / And	ཨེ་ནས་	Furthermore… and then… *(Often said during pauses in conversation.)*
Then	དེ་ནས་	*"I read a book and then went to the store."* ངས་དེབ་ཀློག་རྗེས ། དེ་ནས་ཚོང་ཁང་ལ་ཕྱིན་པ་ཡིན །
Therefore	དེས་ཙང་ག	*"I'm sick therefore I'm going to the hospital."* ང་ན་གི་འདུག དེས་ཙང་ག་ང་སྨན་ཁང་ལ་འགྲོ་གི་ཡོད །

Copulas

❖ **Copulas /** ཚིག་ཕྲད་ are one of the most fascinating and challenging parts of the Tibetan language.

Copulas are usually the last words in sentences and carry the intention, emotion, style and often the tense of the sentence. Additionally, copulas are the key words in creating responses to questions.

To be - 1st person *(The copula of existence)*	
ཡིན་ - To be / Am / Are	*"I **am** Tenzin."* ང་བསྟན་འཛིན་ཡིན།
མིན་ - Am not / Are not	*"I **am not** Tenzin."* ང་བསྟན་འཛིན་མིན།

To be - 2nd and 3rd person	
རེད་ - To be / Is / Are	*"He **is** Tenzin."* ཁོ་བསྟན་འཛིན་རེད།
མ་རེད་ - Is not / Are not	*"He **is not** Tenzin."* ཁོ་བསྟན་འཛིན་མ་རེད།

To have / It is / At / Habit - routine - 1st person		
ཡོད་	1) Have 2) Locative / At 3) Habitual – routine	*1) "I **have** a book."* ང་ལ་དེབ་ཅིག་ཡོད། 2) *"I'm **at** the store."* ང་ཚོང་ཁང་ལ་ཡོད། 3) *"I eat food."* (*daily*) ངས་ཁ་ལག་ཟ་གི་ཡོད།
མེད་ - Don't have / Is not / Not at		*"I **don't have** a book."* ང་ལ་དེབ་མེད།

To have / It is / At / Habit-routine - 2nd and 3rd person		
ཡོད་རེད་	1) Have / Has 2) Location / At 3) General knowledge	*1) "He **has** a book."* ཁོ་ལ་དེབ་ཅིག་ཡོད་རེད། *2) "He's **at** the store."* ཁོ་ཚོང་ཁང་ལ་ཡོད་རེད། *3) "There **are** yaks in Tibet."* བོད་ལ་གཡག་ཡོད་རེད།
ཡོད་མ་རེད་ - Is not / Have not / Not at		*"He **has no** book."* ཁོ་ལ་དེབ་ཡོད་མ་རེད།

❖ **Rule of anticipation** – when asking a question, the answer's ending copula must be anticipated so the answer can be given grammatically correct.

"Yes" *" I am Tenzin."*

Q: *"Are you Tenzin?"* / ཁྱེད་རང་བསྟན་འཛིན་ཡིན་པས། **A:** ཡིན། ང་བསྟན་འཛིན་ཡིན།

More Copulas

It is - Firsthand knowledge - 2nd and 3rd person	
འདུག – It is *(Firsthand knowledge)*	*"Over there is a yak."* ཕ་གི་གཡག་འདུག
མི་འདུག - There is not	*"Over there is not a yak."* ཕ་གི་གཡག་མི་འདུག

Did - Past tense - firsthand knowledge - 2nd and 3rd person	
སོང་ – Did *(Firsthand knowledge)*	*"Tenzin went to Delhi."* བསྟན་འཛིན་ལྡི་ལི་ལ་ཕྱིན་སོང །
མ་སོང་ - Did not	*"Tenzin **didn't** go to Delhi."* བསྟན་འཛིན་ལྡི་ལི་ལ་ཕྱིན་མ་སོང །

Astonishment / Surprised / Revelatory - 1st 2nd and 3rd person	
རེད་ཤག་ – Wow / Hey look	***"Hey**, it's Tenzin!"* བསྟན་འཛིན་རེད་ཤག
མ་རེད་ཤག་ – Awe *(Disappointed)*	***"Awe**, it's not Tenzin."* བསྟན་འཛིན་མ་རེད་ཤག

Experienced - Past tense - 1st 2nd and 3rd person *(Can be used with all verbs)*	
མྱོང་ – Experienced	*"I've **been** to Tibet."* ང་བོད་ལ་འགྲོ་མྱོང །
མ་མྱོང་ – Didn't experience	*"I **haven't** been to Tibet."* ང་བོད་ལ་འགྲོ་མ་མྱོང །

Receptive - *1st person*	
བྱུང་ - To me *(Directional)*	"I became sick." ང་ན་བྱུང །
མ་བྱུང་ – Not to me	"He didn't phone me." ཁོས་ང་ལ་ཁ་པར་བཏང་མ་བྱུང །

- Copulas often end with a 'glottal or abrupt stop' in their pronunciation.
- When a verb is used in a sentence the copula is usually focused on the tense.

Imperatives

❖ **Imperatives** / བསྐུལ་ཚིག - used to make requests or to direct commands.

Like copulas, imperatives are used at the end of a sentence following a verb.

Imperatives - Request or Command Words.			Rated by Importance
རོགས	Please *(the most polite)*	བྱེད་རོགས	*Please do it.*
ཤོ་	Affectionate Request	བྱེད་ཤོ་	*Do it.*
དང་	Informal request	བྱེད་དང་	*Do it.*
ཨ་	Strong request *(urgency or coercion)* *(possible danger)*	བྱེད་ཨ་	*Do it.*
ཤོག	Strong request	བྱེད་ཤོག	*Do it.*
For a strong command say Just the verb	Command	བྱེད་	*Do!*

E.g. "*Study your homework!*" ནང་སྦྱོང་བྱེད་ཤོག

Plurals

❖ ཚོ་ - **This plural particle is used for people, and the words this and that.**

- *"They are monks."* ཁོང་ཚོ་གྲྭ་པ་རེད།
- *"We are Tibetans."* ང་ཚོ་བོད་པ་ཡིན།

English uses nouns mostly in the plural forms: *"I like books." or "cars are fast."*

In Tibetan, nouns are used mostly in the non-plural forms: *"Book I like." or "car fast is."*

- **Plurals for objects** - In Tibetan to create plural for objects 'plural-words' are used.

  Words like: two **/** གཉིས་ many **/** མང་པོ་ a few **/** ཁ་ཤས་

  "I have many book." ང་ལ་དེབ་མང་པོ་ཡོད།

- **Another way to create plurals for objects** is the use of the words: '**These**' and '**Those**'.
  - **These /** འདི་ཚོ་ – "*These are good book.*" དེབ་འདི་ཚོ་ཡག་པོ་འདུག
  - **Those /** དེ་ཚོ་ – "*Those dog are big.*" ཁྱི་དེ་ཚོ་ཆེན་པོ་འདུག

Questions

- **Questions / དྲི་བ་** - In Tibetan there are two main ways to create questions.

1. **Question words** - Question words are placed within the sentence, usually directly before the verb.

The 8 Question Words			
What?	ག་རེ་	Who?	སུ་
When?	ག་དུས་	Whose?	སུའི་ *(su-i)*
Where?	ག་པར་ *(Ka-wa)*	Why?	ག་རེ་བྱས་ནས་
Which?	ག་གི་	How?	ག་འདྲས་ *(kan-des)*

***"Where** are you going?"* ཁྱེད་རང་ག་པར་འགྲོ་གི་ཡོད། །

***"Who** is your teacher?"* ཁྱེད་རང་དགེ་རྒན་སུ་རེད། །

2. **Question particles**

- པས་ - This creates a question when placed at the end of a sentence. (Usually for yes or no answers)

"Are you Tenzin?" ཁྱེད་རང་བསྟན་འཛིན་ཡིན་པས། ། *"Are you happy?"* ཁྱེད་རང་སྐྱིད་པོ་འདུག་པས། །

The pronunciation of པས་ changes slightly to accommodate the preceding consonant sound and may also be pronounced: བས་ / གས་ / ངས་

(Question words and question particles are usually not used together in the same sentence.)

❖ **Other question particles**

- ཡིན་པ་ - This particle is an exception to the rule and can be used with question words in sentences.

"Where are you from?" / ཁྱེད་རང་ག་ནས་ཡིན་པ། །

- འོས་ - similar to questions in English using the word 'how'.

"How expensive?" གོང་ཆེ་འོས། ། "How good?" ཡག་འོས། ། "How long?" ཐག་རིང་འོས། །

Or the longer version that combines འོས་ with ག་ཚོད་ to make འོས་ག་ཚོད་

"How many monks are there?" གྲྭ་པ་མང་འོས་ག་ཚོད་ཡོད་རེད། །

Yes and No Answers

- **'Yes' and 'No' Answers -** In Tibetan, 'Yes' and 'No' answers are actually quite complicated. The copula from the question is used to form the answering 'yes' or 'no' reply.

    - Beginners can start by using: རེད་ for Yes, and མ་རེད་ for No.

      You may be corrected often by others, but it will get you started. Below are the proper ways of answering a question or statement with a 'yes' and 'no' answer.

- **The proper way to answer: Yes and No**

    - When the question uses the copula ཡིན་ / the answer is: ཡིན་ for Yes, and མིན་ for No.

      Q: *"Are you Tenzin?"* - ཁྱེད་རང་བསྟན་འཛིན་ཡིན་པས། །

      A: *"Yes"* - ཡིན། ། ང་བསྟན་འཛིན་ཡིན། །

      A: *"No"* - མིན། ། ང་བསྟན་འཛིན་མིན། །

    - When the question uses the copula ཡོད་ / the answer is: ཡོད་ for Yes, and མེད་ for No.

      Q: "*Do you have momos?"* - ཁྱེད་རང་ལ་མོག་མོག་ཡོད་པས། །

      A: "*Yes"* - ཡོད། ། ང་ལ་མོག་མོག་ཡོད། །

      A: *"No"* - མེད། ། ང་ལ་མོག་མོག་མེད། །

    - When the question uses the copula རེད་ / the answer is: རེད་ for Yes, and མ་རེད་ for No.

      Q: "*Is that a dog?"* - དེ་ཁྱི་རེད་པས། །

      A: "*Yes"* - རེད་། ། དེ་ཁྱི་རེད། །

      A: "*No"* - མ་རེད་། ། དེ་ཁྱི་མ་རེད། །

(This is true for the other copulas as well)

Tenses

❖ **Tenses** - དུས་གསུམ་ – to create tenses, the particles གི / པ་ / ཡ་ are combined with copulas.

1st Person Tenses

Present	Past	Future
གི་ཡོད་	པ་ཡིན་ (ཡིན་)*	ཡ་ཡིན་ (གི་ཡིན་)**
ངས་ཇ་འཐུང་གི་ཡོད།	ངས་ཇ་བཏུངས་པ་ཡིན།	ངས་ཇ་བཏུང་ཡ་ཡིན།
"I'm drinking tea."	*"I drank tea."*	*"I will drink tea."*

2nd 3rd Person Tenses

Present	Past	Future
གི་ཡོད་རེད་ (འདུག)***	སོང་	ཡ་རེད་ (གི་རེད་)**
ཁྱེད་རང་ཇ་འཐུང་གི་ཡོད་རེད།	ཁྱེད་རང་ཇ་བཏུངས་སོང་།	ཁྱེད་རང་ཇ་བཏུང་ཡ་རེད།
"You are drinking tea."	*"You drank tea."*	*"You will drink tea."*

* པ་ཡིན་ - Often the པ་ is dropped, leaving just ཡིན་ for 1st person past tense.

** གི་ - is often used instead of ཡ་ for future tense.

*** འདུག་ - **present tense** - *2nd and 3rd person* –shows firsthand knowledge.

Many times in Tibetan, 'tense-words' are used to denote tense, particularly in past tense.
Words like: *before, after, these days, long ago, yesterday, and tomorrow.*

In Tibetan, when using verbs in a sentence, the copula is usually focused on 'tenses'

Possessives

❖ **The Possessive forms of** ཡོད་ / ཡོད་རེད་

- ཡོད་ has many uses including 1st person possession when used with: ལ་

  1st person possessive: *"I have".* ང་ལ་ཡོད། / *"I have a book."* ང་ལ་དེབ་ཡོད།

- ཡོད་རེད་ is used for 2nd and 3rd person possession when used with: ལ་

  2nd and 3rd person possessives: *"You have."* ཁྱེད་རང་ལ་ཡོད་རེད།

  "You have a book." ཁྱེད་རང་ལ་དེབ་ཡོད་རེད།

❖ **The Possessive Particle** འི་ This particle is used with words ending with a vowel sound.

- When added to a noun འི་ is like the possessive (**'S**) in English: 'Pema***'s*** *book'.*

  *Pema**'s** book.* པད་མའི་དེབ་། *(pronounced with a 'e' sound* པད་མའི་ *(pe-me)*

  *The dog**'s** food.* ཁྱིའི་ཁ་ལག *(pronounced with a longer 'i' sound)*

❖ **The possessive particle** གི་ This particle is used with words ending with a consonant sound.

- When added to a noun གི་ is like the possessive (**'S**) in English: *'Tenzin**'s** book'.*

  *Tenzin**'s** book.* བསྟན་འཛིན་གི་དེབ་། / *The book**'s** cover.* དེབ་གི་པགས་པ *(skin)*།

Possessive Pronouns

(Correctly, these are categorized as adjectives)

Possessive Pronouns / གང་ཟག་གཅིག་ཚིག་འབྲེལ་སྒྲ		Possessive Plural Pronouns / གང་ཟག་མང་ཚིག་འབྲེལ་སྒྲ	
My	ངའི་ *(nge)*	Our	ང་ཚོའི་ *(nga-tsö)*
Your	ཁྱེད་རང་གི	Your	ཁྱེད་རང་ཚོའི་
His / Hers	ཁོ་གི / མོ་གི	Their	ཁོ་ཚོའི་
It's	དེའི་	Theirs	དེ་ཚོའི་
These	འདི་ཚོ་	These's *(Not used in English)*	འདི་ཚོའི་
Those	དེ་ཚོ་	Those's *(Not used in English)*	དེ་ཚོའི་

Wish / Want / Need

These also can work like copulas and are often placed at the end of sentences.

- **Want** / དགོས་ – "*I want some tea.*" ང་ལ་ཇ་དགོས། *(Usually pronounced 'Go')*

  Don't want / མི་དགོས་ – "*I don't want some tea.*" ང་ལ་ཇ་མི་དགོས།

- **Need** / དགོས་ཡོད་ – "*I need some tea.*" ང་ལ་ཇ་དགོས་ཡོད།

  Don't need / མི་དགོས་ – "*I don't need some tea.*" ང་ལ་ཇ་མི་དགོས།

- **Wish** / རེ་བ་ – "*I wish I had some tea.*" ང་ལ་ཇ་རེ་བ་ཡོད།

Probability

Sentences of probably are created in many different ways in Tibetan.
Here are a few of the most popular. (*Of course probability is always future tense*).

- **Definitely** / གཏན་གཏན་ *(Ten-de)* **100%** - Certain

  "*He's definitely going to Delhi?*" ཁོ་ལྡི་ལི་ལ་གཏན་གཏན་འགྲོ་ཡ་རེད།

- **Probably** / ས་རེད་ **75%** - Probability (*probably not* ས་མ་རེད་)

  "*He's probably going to Delhi?*" ཁོ་ལྡི་ལི་ལ་འགྲོ་ས་རེད།

- **Maybe / Might** / གཅིག་བྱུས་ན་ **50%** - Probability

  "*He might go to Delhi?*" གཅིག་བྱུས་ན་ཁོ་ལྡི་ལི་ལ་འགྲོ་ཡ་རེད།

- **Probably not** / ཉེན་ག **25%** - Probability

  "*He's probably not going to Delhi?*" ཁོ་ལྡི་ལི་ལ་འགྲོ་ཡ་ཉེན་ག་འདུག

Particles / ཚིག་ཕྲད

Some useful particles of speech

- གིས་ / **By who / What** - Shows action and the doer of the action.

  *"He**'s** drinking tea"* ཁོང་གིས་ཇ་འཐུང་གི་འདུག

The syllable ས་ added to some nouns/pronouns also shows action and the doer of the action.

  *"I'**m** drinking tea"* ངས་ཇ་འཐུང་གི་ཡོད །

- ན་ / **If**

  *"**If** the weather is hot I won't go."* གནམ་གཤིས་ཚ་པོ་ཡོད་ན་ང་འགྲོ་གི་མིན །

- ལ་ / **In / At / On / To / For**

  *"I'm **at** the store."* ང་ཚོང་ཁང་ལ་ཡོད །

- ཅིག་ / **A / An**

  *"I have **a** book."* ང་ལ་དེབ་ཅིག་ཡོད །

- ནས་ / **From / By way of / Among / After**

  *"Where are you **from**?"* ཁྱེད་རང་ག་བ་ནས་ཡིན །

  *"He went to Delhi **by** car."* ཁོས་མོ་ཊ་གཏོང་ནས་ལྡི་ལི་ལ་ཕྱིན་སོང་།

- ནི་ / Places emphasis on its object.

  "Momos! are my favorite." མོག་མོག་ནི་ང་དགའ་ཤོས་ཡིན །

- བར་ / **To / Until**

  *"From Tibet **to** India."* བོད་ནས་རྒྱ་གར་བར །

- སྐབས་སུ་ / **During / While / At that time**

  *"**While** eating food I drink water."* ངས་ཁ་ལག་ཟ་བའི་སྐབས་སུ་ཆུ་འཐུང་གི་ཡོད །

- དུས་ / **An alternative to the above** སྐབས་སུ་

  *"**While** eating food I drink water."* ངས་ཁ་ལག་ཟ་དུས་ཆུ་འཐུང་གི་ཡོད །

Possessive vs. Action Particles

Remember that particles show: intention, action, possession and/or relationship between objects.

Used after <u>consonants</u> the particles གི་ shows possession, while the particle གིས་ shows action.		
By the teacher *(action)*	དགེ་རྒན་གིས་	*"The teacher **is** reading a book."* དགེ་རྒན་གིས་དེབ་ཀློག་གི་འདུག
From the teacher	དགེ་རྒན་ནས་	*"I got a book **from** my teacher."* ངས་དགེ་རྒན་ནས་དེབ་ཅིག་རག་སོང་ །
To the teacher	དགེ་རྒན་ལ་	*"I gave a book **to** my teacher."* ངས་དགེ་རྒན་ལ་དེབ་ཅིག་སྤྲོད་པ་ཡིན །
Of the teacher *(possessive)*	དགེ་རྒན་གི་	*"The teacher**'s** class was good."* དགེ་རྒན་གི་འཛིན་གྲྭ་ཡག་པོ་བྱུང་སོང་ །
And the teacher	དགེ་རྒན་དང་	*"The student and the teacher are reading a book."* དགེ་སློབ་དང་དགེ་རྒན་གཉིས་དེབ་ཀློག་གི་འདུག

Used after <u>vowels</u> the particles འི་ shows possession, while the particle ས་ shows action.		
By the sun *(action)*	ཉི་མས་ *(me)*	*"The sun **is** burning. "* (Burning me) ཉི་མས་འཚིག་གི་འདུག
From the sun	ཉི་མ་ནས་	*"The heat **from** the sun."* ཉི་མ་ནས་སྲེག་གི་འདུག
To the sun	ཉི་མ་ལ་	*"It's far **to** the sun."* ཉི་མ་ལ་ཐག་རིང་པོ་འདུག
Of the sun *(possessive)*	ཉི་མའི་ *(me)*	*"The sun**'s** light is bright."* ཉི་མའི་འོད་ཟེར་གསལ་པོ་འདུག
And the sun	ཉི་མ་དང་	*"The moon and the sun."* ཟླ་བ་དང་ཉི་མ །

❖ **Other ways of looking at particles.**

- Wooden box ཤིང་སྒམ་ **or** Box made of wood ཤིང་གི་སྒམ་
- Black haired dog ཁྱི་སྤུ་ནག་པོ་ **or** The black hair of the dog ཁྱི་གི་སྤུ་ནག་པོ་
- The momos smell མོག་མོག་དྲི་མ་ **or** The smell of the momos མོག་མོག་གི་དྲི་མ་

Nominalizers

Nominalizers turn verbs or verb phrases into nouns.

- པ་ / བ་ - **Who / What / To whom / Where / Whose**

  Food mak**er** (person) ཁ་ལག་བཟོ་པ་ or Translat**or** སྐད་སྒྱུར་བ་

  པ་ *is used for words with one syllable /* བ་ *is used for words with two syllables.*

- མཁན་ - **Doer** of an action. *(persons)* (*written and sometimes spoken as* ཉན་)

  In English this function is made by adding '**ER**' to words: Writt**er**, play**er**, sing**er**.

  Food mak**er** ཁ་ལག་བཟོ་མཁན་ Sing**er** ཞས་བཏང་མཁན་

- བྱེད་ *(Pronounced -Ze)* - like above, is the **doer** or **tool** of an action (*machine or non-person*)

  Something **to** eat **with** *(spoon)* ཁ་ལག་ཟ་བྱེད། Noodle mak**er** *(machine)* ཐུག་པ་བཟོ་བྱེད།

  བྱེད་ is also used to create the phrase **'Used for'** - a book **used for** teaching. སློབ་བྱེད་ཀྱི་དེབ།

- ཡ་ – **To / Which**

  *"There's nothing **to** eat."* ཁ་ལག་ཟ་ཡ་མི་འདུག *"The work (**which**) is **to** be done."* ལས་ཀ་བྱེད་ཡ།

  ག་ is used in sentences related to 'going'. *"I'm going **to** buy milk."* ངའོ་མ་ཉོ་ག་འགྲོ་གི་ཡོད།

- རྒྱུ་ - This is used in the same way as the above ཡ་ but with a sense of obligation.

  *"I forgot the book (I was suppose) **to** bring."* ངས་དེབ་འཁེར་རྒྱུ་བརྗེད་བཞག།

- ས་ – **Place / Where / To whom / To which**

  Place to stay བསྡད་ས་ or **Where** (on a letter) to write ཡི་གེ་བྲི་ས་

  *"I'm going to the tea drinking **place**."* ང་ཇ་འཐུང་ས་འགྲོ་གི་ཡོད།

  *"Bring **to me** some momos."* མོག་མོག་ང་ས་འཁེར་ཤོག

  *"**Which** table do I give the momos to?"* ཅོག་ཙེ་ག་གི་ས་མོག་མོག་སྤྲོད་དགོས་རེད།

- སྟངས་ – **Style / Way of doing**

  *"His eating **sytle** is not good."* ཁོས་ཁ་ལག་ཟ་སྟངས་ཡག་པོ་མི་འདུག

Comparatives

❖ Comparatives in Tibetan and English are very similar.

- The comparative particle: ‘**Er**’ used in the word ‘bigg**er**’, is བ་ in Tibetan. (*sometimes* ག་)
- The superlatives particle: ‘**Est**’ used in the word ‘bigg**est**’, is ཤོས་ in Tibetan.

Comparatives		
Positive	**Comparative**	**Superlative**
Big	Bigg**er**	Bigg**est**
ཆེན་པོ་	ཆེ་བ་	ཆེ་ཤོས་
New	New**er**	New**est**
གསར་པ་	གསར་བ་	གསར་ཤོས་
Fast	Fast**er**	Fast**est**
མགྱོགས་པོ་	མགྱོགས་བ་	མགྱོགས་ཤོས་
Good	Bett**er**	Best
ཡག་པོ་	ཡག་ག་	ཡག་ཤོས་
Bad	Worse	Worst
སྡུག་ཅག	སྡུག་བ་	སྡུག་ཤོས་
Tasty	Tasti**er**	Tasti**est**
ཞིམ་པོ་	ཞིམ་པ་	ཞིམ་ཤོས་

❖ **The comparison particle:** ལས་ / **Than**

This comparison particle is used the same in both English and Tibetan except that in English the comparative comes first in the sentence, where in Tibetan it comes second.

- *“Momos are better than noodles.”* / ཐུག་པ་ལས་མོག་མོག་ཡག་བ་འདུག
- *“Dogs are bigger than cats.”* / ཞི་མི་ལས་ཁྱི་ཆེ་བ་རེད །
- *“Oranges are sweeter than apples.”* / ཀུ་ཤུ་ལས་ཚ་ལུ་མ་མངར་བ་རེད །

- **Or** (and/or) **/** ཡང་ན་ - A useful conjunction in comparative sentences.

“Are momos or noodles the tastiest?” མོག་མོག་ཞིམ་ཤོས་རེད་ཡང་ན་ཐུག་པ་ཞིམ་ཤོས་རེད །

Reported speech

- **I said / You said / He said**

  Statements of reported speech are an important part of any language. Below are two popular ways of expressing reported speech in Tibetan.

1) **I said / ལབ་པ་ཡིན་** – *1st person.*

   I said "I'm Tenzin." ངས་བསྟན་འཛིན་ཡིན་ལབ་པ་ཡིན །

   You said / He said / ལབ་སོང་ – *2nd 3rd person.*

   He said "I'm Tenzin." ཁོ་གིས་བསྟན་འཛིན་ཡིན་ལབ་སོང་ །

   Here, the གིས་ shows action and is linked to the verb ལབ་ *(said)*, later in the sentence.

Reported speech sentence structure: ཁོ་གིས…………………………………… ལབ་སོང་ །

2) **He said / She said** *(hearsay)* / ཟེར་ – *2nd 3rd person only (pronounced 'sa')*

   He said "he's Tenzin." ཁོ་གིས་བསྟན་འཛིན་རེད་ཟེར །

   Again, the གིས་ shows action and is linked to the verb ཟེར་ *(said),* later in the sentence.

Reported speech sentence structure: ཁོ་གིས…………………… ……………………………… ཟེར་ །

- **All of these reported speech examples starts with:**
  1) Setting up the noun or pronoun to show the performance of an action.
  2) Saying what the person actually *(Exactly)* said.
  3) Ending with the verb 'said'.

Honorific Language

❖ **Tibetan honorific speech / ཞེ་ས་**

As mentioned earlier in this text, the Tibetan language has many different forms of speech. The most interesting may be its honorific (*or polite*) speech. Tibetan honorific speech is almost a language in itself for most words in the Tibetan language have honorific alternatives. The honorific language is used to show respect when speaking to Lamas, teachers, seniors or guests. Though used throughout Tibet, this language is most widely used among the people of Lhasa and is often referred to as ལྷ་ས་སྐད་ The Lhasa Language. Honorific speech is never used for oneself, only for others.

For beginners, honorific speech is not essential. As your Tibetan improves you can slowly add a few new honorific words and phrases to your vocabulary.

❖ **La** / ལགས་ – to show respect, this particle is added to the end of people's names and titles.

Father / པ་ལགས་ Teacher / རྒན་ལགས་ Tenzin / བསྟན་འཛིན་ལགས་

Honorific verbs hold no tense value themselves and can be used for any tense.

Some Useful Honorific Verbs	Colloquial (non-honorific)	Honorific
to Go	འགྲོ་	ཕེབས་ *(go and come)*
to Drink	འཐུང་	མཆོད་ *(drink and eat)*
to Give	སྤྲོད་ *(pronounced 'te')*	གནང་ *(give and do)*
to Sit	བསྡད་	བཞུགས་
to Do	བྱེད་	གནང་ *(do and give)*
to Do *(request)*	བྱེད་དང་	རོགས་གནང་

Some Useful Honorific Phrases	
"Welcome." ཕྱག་ཕེབས་གནང་།	*"May I come in? "* ང་ཡོང་ཆོག་པ་བྱས།
"Sit down." བཞུགས་དང་།	*"I'm grateful"* བཀའ་དྲིན་ཆེ།
"Enjoy your food." ཞལ་ལག་མཉེས་པོ་གནང་རོགས།	*"My pleasure"* ངའི་བསོད་བདེ་རེད།
"Enjoy your tea." གསོལ་ཇ་མཉེས་པོ་གནང་རོགས།	*"It was nice to meet you."* ཁྱེད་རང་མཇལ་བར་དགའ་པོ་བྱུང་།

Listening Language

❖ **Listening language is a very important part of conversation.**
Every language has a unique ‘listening language’ made of mostly grammatical injections.
In English when someone is speaking, the listener tries to look interested and makes small comments to show they are listening. Saying things like: “*really?*”, “‘*wow!*”, “‘*Uh hu*”, “*that’s so interesting*”. This is ‘listening language’ and every language has one.

In Tibetan the listening language functions the same way.

While listening, Tibetans say:

- དངོས་གནས་རེད་པས་། - *“Really?”*
- ཧང་སང་ཡ། – *“Wow”, “amazing.”*
- ཨོ། - *“Oh.”*
- ལགས་སོ། - *“Yes.”*
- ཡིན་དང་ཡིན། - *“Of course.”*
- དཔེ་སྣང་བ་འགྲོ་པོ་འདུག - *“Very interesting.”*
- ང་མོས་མཐུན་ཡོད། - *“I agree.”*

Women often repeat endlessly in conversations:

- ལ་། and ཨ་ལས་། - *“Yes.” / “O.K.”*

Men often repeat endlessly in conversations:

- རེད་། and ཡ་། - *“Yes.” / “O.K.”*

Injections

Injections are the funny sounds and non-word verbal expression we use in daily speech.

English	Meaning	Tibetan	Example
"Wow"	*"Amazing!"*	ཧོ་ཙི་	"*Wow, that's incredible!*"
"Yuk"	*"Disgusting."*	ཕད་ཡེ་	"*Yuk, this apple is rotten.*"
"Oops"	*"I didn't mean to do that."*	ཨོབ་	"*Oops, I knocked your cup over.*"
"Oh"	*"I see."*	ཨོ་	"*Oh, you wanted sugar, not milk*."
"Brrrr"	*"It's cold."*	ཨ་ཆུ་ཆུ་	"*Brrr, it's -10C outside.*"
"Ah"	*"It's sore."*	ཨ་ར་ར་	*"My hand is sore."* *(ache, dull pain)*
"A-ha"	*"I understand."*	ཨ་ལེ་	"*A-ha! So you took the money*!"
"Mmm"	*"Tasty."*	ཧོ་	"*Mmm, this ice cream is delicious.*"
"Ahh"	*"Ok, I see."*	ཡ་ཡ་	"*Ahh, yes, I understand now.*"
"Darn"	*"Problems."*	ཨ་ཡོ་	*"darn, I did it again."*
"Oww" "Ouch"	*"That hurts."*	ཨ་ཚ་ཚ་	"*Oww, I pricked my finger.*" *(Sharp pain)*
"Boo"	*"That's bad."*	ཕད་	"*Boo, get off the stage*!"
"Aww"	*"That's too bad."*	ཨ་ཁ་ཁ་	"*Aww, that old woman has no family.*"
"Ah"	*"To hot."*	ཨ་ཚ་ཚ་	*"Ah, that's too hot!"*
"Whoa"	*"Unbelievable!"*	ཨ་ཙི་	"*Whoa, he jumped so far*!"

Numbers / ཨང་གྲངས་

English	Tibetan		English	Tibetan		English	Tibetan	
0	༠	ཀླད་ཀོར་	10	༡༠་	བཅུ་	20	༢༠	ཉི་ཤུ་
1	༡་	གཅིག་	11	༡༡་	བཅུ་གཅིག་	30	༣༠	སུམ་ཅུ་
2	༢་	གཉིས་	12	༡༢་	བཅུ་གཉིས་	40	༤༠	བཞི་བཅུ་
3	༣་	གསུམ་	13	༡༣་	བཅུ་གསུམ་	50	༥༠	ལྔ་བཅུ་
4	༤་	བཞི་	14	༡༤་	བཅུ་བཞི་ *(chup-shi)*	60	༦༠	དྲུག་ཅུ་
5	༥་	ལྔ་	15	༡༥་	བཅོ་ལྔ་	70	༧༠	བདུན་ཅུ་
6	༦་	དྲུག་	16	༡༦་	བཅུ་དྲུག་	80	༨༠	བརྒྱད་ཅུ་
7	༧་	བདུན་	17	༡༧་	བཅུ་བདུན་ *(chu- dun)*	90	༩༠	དགུ་བཅུ་
8	༨་	བརྒྱད་	18	༡༨་	བཅོ་བརྒྱད་ *(chob-gye)*			
9	༩་	དགུ་	19	༡༩་	བཅུ་དགུ་			

Ordinal Numbers

1st	2nd	3rd	4th	5th	6th	7th	8th
དང་པོ་	གཉིས་པ་	གསུམ་པ་	བཞི་པ་	ལྔ་པ་	དྲུག་པ་	བདུན་པ་	བརྒྱད་པ་

Only the first ordinal number དང་ *is followed by a* པོ་ *the rest of the numbers are all followed by* པ་

Multiplicative Numbers

1st - time	2nd - time	3rd - time	4th - time	5th - time
ཐེངས་དང་པོ་	ཐེངས་གཉིས་པ་	ཐེངས་གསུམ་པ་	ཐེངས་བཞི་པ་	ཐེངས་ལྔ་པ་

- **Times / ལྡབས་** - *America is three times bigger than Tibet.* བོད་ལས་ཨ་རི་ལྡབས་གསུམ་ཆེན་གྱི་རེད།

Floors of a Building

1st floor	2nd floor	3rd floor
ཐོག་རྩེག་དང་པོ་	ཐོག་རྩེག་གཉིས་པ་	ཐོག་རྩེག་གསུམ་པ་

One Among Others

1 of 5
ལྔ་པ་ནང་ནས་དང་པོ་

Numbers / ཨང་གྲངས་

❖ **Tibetan Number System** – For each of the tens, an extra particle is added after the tens place.

Extra Particle	
20	རྩ་
30	སོ་
40	ཞེ་
50	ང་
60	རེ་
70	དོན་
80	གྱ་
90	གོ་

Using the particles	
21	ཉི་ཤུ་རྩ་གཅིག་
31	སུམ་ཅུ་སོ་གཅིག་
41	བཞི་བཅུ་ཞེ་གཅིག་
51	ལྔ་བཅུ་ང་གཅིག་
61	དྲུག་ཅུ་རེ་གཅིག་
71	བདུན་ཅུ་དོན་གཅིག་
81	བརྒྱད་ཅུ་གྱ་གཅིག་
91	དགུ་བཅུ་གོ་གཅིག་

For whole numbers like: 20, 30, 40, 50, etc. No extra particle is needed.

❖ **Counting Through the Twenties**

20	Particle	Number	Finished number	
ཉི་ཤུ་	རྩ་	གཅིག་ =	ཉི་ཤུ་ས་རྩ་གཅིག་	21
			ཉི་ཤུ་རྩ་ཉི་	22
			ཉི་ཤུ་རྩ་གསུམ་	23
			ཉི་ཤུ་རྩ་བཞི་	24
			ཉི་ཤུ་རྩ་ལྔ་	25
			ཉི་ཤུ་རྩ་དྲུག་	26
			ཉི་ཤུ་རྩ་བདུན་	27
			Etc…	

Numbers / ཨང་གྲངས་

The Numbers Scale			
0	Zero	ཀླད་ཀོར་	
10	Ten	བཅུ་	
100	Hundred	བརྒྱ་	བརྒྱ་ / ཉིས་བརྒྱ་ / སུམ་བརྒྱ་
1,000	Thousand	སྟོང་	གཅིག་སྟོང་ / ཉིས་སྟོང་ / སུམ་སྟོང་
10,000	Ten thousand	ཁྲི་	གཅིག་ཁྲི་ / ཉིས་ཁྲི་ / སུམ་ཁྲི་
100,000	Hundred thousand	འབུམ་	གཅིག་འབུམ་ / ཉིས་འབུམ་ / སུམ་འབུམ་
1,000,000	Million	ས་ཡ་	ས་ཡ་གཅིག་ / ས་ཡ་གཉིས་ / ས་ཡ་གསུམ་
1,000,000,000	Billion	གྲངས་ཀ་	གྲངས་ཀ་གཅིག་ / གྲངས་ཀ་གཉིས་ / གྲངས་ཀ་གསུམ་

E.g. - **156,258,352** = དུང་ཕྱུར་གཅིག་དང་བྱེ་བ་ལྔ་ས་ཡ་དྲུག་གཉིས་འབུམ་ལྔ་ཁྲི་བརྒྱད་སྟོང་སུམ་བརྒྱ་ལྔ་བཅུ་ལྔ་གཉིས།

Percentages and Fractions / བརྒྱ་ཆ་དང་ཆ་སྟེས་

❖ **Percentages and Fractions** – These are formed by using the particle ཆ་ / Part

Percentages and Fractions			
100%	བརྒྱ་ཆ་བརྒྱ་	Whole	གང་ཚང་
50%	བརྒྱ་ཆ་ལྔ་བཅུ་	Half	ཕྱེད་ཀ་
20%	བརྒྱ་ཆ་ཉི་ཤུ་	Quarter	ཕྱེད་ཀའི་ཕྱེད་ཀ་
1/3	གསུམ་ཆ་གཅིག་	All	ཚང་མ་
3/4	བཞི་ཆ་གསུམ་	None	གང་ཡང་

❖ **Around / A little more than -** ལྷག་ཙི་ (pronounced '*Hla-ts*') used to approximate numbers.

- Around 100 བརྒྱ་ལྷག་ཙི་ །
- Around 50% བརྒྱ་ཆ་ལྔ་བཅུ་ལྷག་ཙི་ །
- Around half ཕྱེད་ཀ་ལྷག་ཙི་ །
- Around 1/3 གསུམ་ཆ་གཅིག་ལྷག་ཙི་ །

Time / དུས་ཚོད་

Time / དུས་ཚོད་	
Hour	ཆུ་ཚོད་
Minute	སྐར་མ་
Second	སྐར་ཆ་
Parts of the Day / ཉི་རེའི་ཆ་ཤས	
Morning	ཞོགས་གས་
Afternoon	ཉིན་གུང་རྒྱབ་ལ་
Evening	དགོང་མདའ་
Today	དེ་རིང་
Yesterday	ཁ་སང་
Day before yesterday	ཁས་ཉིན་པ་
Tomorrow	སང་ཉིན་
Day after tomorrow	ནངས་ཉིན་

Time Expressions	
Sometimes	མཚམས་མཚམས་ལ་
Every / Always	རྟག་པ་རེ་བཞིན་
Never	རྩ་བ་ནས་
Every time	ག་དུས་ཡིན་ན་ཡང་
Soon	ལབ་སང་
After	རྗེས་ལ་
Before	སྔོན་ལ་
Long ago	སྔོན་མ་སྔོན་མ་
Early	སྔ་པོ་
Late	རྗེས་ལུས་
While	རིང་ལ་
During	སྐབས་སུ་ / དུས་

Telling Time / དུས་ཚོད་སྨྲ་བ	
4:00 - ཆུ་ཚོད་བཞི་པ།	4:40 - ཆུ་ཚོད་བཞི་དང་སྐར་མ་བཞི་བཅུ།
10 after 4:00	ཆུ་ཚོད་བཞི་པ་ཟིན་ནས་སྐར་མ་བཅུ། (ཟིན་ - To be done with)
20 till 4:00	ཆུ་ཚོད་བཞི་པ་ཟིན་ཡ་ལ་སྐར་མ་ཉི་ཤུ།
At 4:30	ཆུ་ཚོད་བཞི་དང་ཕྱེད་ཁ་ལ།
It takes / འགོར་	*"It takes one hour to get to Lhasa."* ལྷ་ས་ལ་བསླེབ་ཡ་ཆུ་ཚོད་གཅིག་འགོར་གི་རེད།

Remember: *4 hours* ཆུ་ཚོད་བཞི། *4:00* ཆུ་ཚོད་བཞི་པ། *At 4:00* ཆུ་ཚོད་བཞི་པ་ལ།

Calendar / ལོ་ཐོ་

The Tibetan calendar is not included in this primer.

Using the English calendar in Tibetan is quite easy. Numbers are used for the months of the year.

Calendar / ལོ་ཐོ་	
January	ཕྱི་ཟླ་དང་པོ་
February	ཕྱི་ཟླ་གཉིས་པ་
March	ཕྱི་ཟླ་གསུམ་པ་
April	ཕྱི་ཟླ་བཞི་པ་
May	ཕྱི་ཟླ་ལྔ་པ་
June	ཕྱི་ཟླ་དྲུག་པ་
July	ཕྱི་ཟླ་བདུན་པ་
August	ཕྱི་ཟླ་བརྒྱད་པ་
September	ཕྱི་ཟླ་དགུ་པ་
October	ཕྱི་ཟླ་བཅུ་པ་
November	ཕྱི་ཟླ་བཅུ་གཅིག་པ་
December	ཕྱི་ཟླ་བཅུ་གཉིས་པ་
Seasons / དུས་ཚིགས་	
Spring	དཔྱིད་ཀ
Summer	དབྱར་ཁ་ *(yar-ka)*
Fall	སྟོན་ཁ་
Winter	དགུན་ཁ་
Rain season	ཆར་དུས་

Calendar	
year	ལོ་
Month	ཟླ་བ་
Week	བདུན་ཕྲག
Day	ཉི་མ་
the Date	ཚེས་པ་
March 01, 2013 ཕྱི་ལོ་གཉིས་སྟོང་བཅུ་གསུམ་ཕྱི་ཟླ་གསུམ་པའི་ཚེས་པ་གཅིག	
Days of the Week / བདུན་ཕྲག་གི་མིང་ །	
Monday	གཟའ་ཟླ་བ་
Tuesday	གཟའ་མིག་དམར་
Wednesday	གཟའ་ལྷག་པ་
Thursday	གཟའ་ཕུར་བུ་
Friday	གཟའ་པ་སངས་
Saturday	གཟའ་སྤེན་པ་
Sunday	གཟའ་ཉི་མ་
Special Days / དམིགས་བསལ་གྱི་དུས་ཚོད་	
Day off	གུང་སེང་
Birthday	སྐྱེས་སྐར་
Tibetan New Year	ལོ་སར་

Useful words / བེད་སྤྱོད་ཅན་གྱི་ཚིག་

Able *(to do)*	ཐུབ་	*"I'm able to speak Tibetan."* ངས་བོད་སྐད་བཤད་ཐུབ་གི་ཡོད།
About	སྐོར་ལ་	*"Tell me about your family."* ཁྱེད་རང་གི་ནང་མིའི་སྐོར་ལ་བཤད་དང་།
Agree	མོས་མཐུན་	*"I agree."* ང་མོས་མཐུན་ཡོད།
Allowed	ཆོག	*"I'm allowed to go."* ང་འགྲོ་ཆོག་གི་རེད།
Almost / Mostly	ཕལ་ཆེར་བ་	*"Almost everyone likes momos."* མི་ཕལ་ཆེར་བ་མོག་མོག་ལ་དགའ་པོ་ཡོད་རེད།
Almost / About to	གྲབས་	*"I was almost hit by a car."* ང་མོ་ཊ་ལ་བརྡབ་གྲབས་བྱུས་སོང་། *"The ball almost went in."* སྤོ་ལོ་དེ་ནང་ལ་འཛུལ་གྲབས་བྱུས་སོང་།
Amazing	ཧང་སང་ཡ་	*"Wow"(surprised)* ཧང་སང་ཡ་རེད་ཤག
Among	ནང་ནས་	*"Among all my friends you're my best friend."* ངའི་གྲོགས་པོ་ཚང་མ་ནང་ནས་ཡག་ཤོས་དེ་ཁྱེད་རང་ཡིན།
Become	ཆགས་	*"It became hot."* གནམ་གཤིས་ཚ་པོ་ཆགས་སོང་། *"He will become a great monk."* ཁོ་གྲྭ་པ་ཡག་པོ་ཞིག་ཆགས་གི་རེད།
Before ___.	སྔོན་ལ་	*"Before I arrived I drank tea."* Negative + verb + before ང་ (མ་བསླེབས་སྔོན་ལ་) ཇ་བཏུང་པ་ཡིན། Verbs must be used in their negative form with this.
Believe	ཡིད་ཆེས་	*"I believe him."* ང་ཁོ་ལ་ཡིད་ཆེས་ཡོད།

Useful Words...*Continued*

Best	ཆེ་བཀྲ་	"Those are the best momos." མོག་མོག་དེ་ཆེ་བཀྲ་འདུག
Bring / Take	འཁེར་	*"Bring me some momos."* ང་ལ་མོག་མོག་འཁེར་ཤོག *"Take a book with you."* ཁྱེད་རང་གིས་དེབ་གཅིག་འཁེར་ཤོག
Called	ཟེར་	*"He's called Tenzin."* ཁོ་ལ་བསྟན་འཛིན་ཟེར་།
Change	འགྱུར་	*"He changed his mind."* ཁོའི་སེམས་པ་འགྱུར་ཤག
Completely	ཀྲུང་	Made by repeating the first syllable of the adjective *"Completely pure (clean)."* གཙང་མ་གཙང་ཀྲུང་ ། *"Completely white."* དཀར་པོ་དཀར་ཀྲུང་ །
Darn!	དཔེར་བསགས་ཞའ་	*"Darn! I forgot my wallet."* དཔེར་བསགས་ཞའ། ངས་སྒྲ་ཁུག་བརྗེད་ཤག
Decided	ཐག་གཅོད་	*"I decided to go to Lhasa."* ང་ལྷ་ས་ལ་འགྲོ་ཡ་ཐག་བཅད་པ་ཡིན །
Depends	རག་ལས་པ་	*"Becoming good depends on you."* (becoming proficient at something) ཁྱེད་རང་ཡག་པོ་ཆགས་པ་ཁྱེད་རང་ལ་རག་ལས་པ་རེད ། *"It depends on the weather"* གནམ་གཤིས་ལ་རག་ལས་པ་རེད །
Doubt/Uncertainty	དོགས་པ་	*"I have uncertainty in his character."* ཁོ་གི་གཤིས་ཀ་ལ་ང་དོགས་པ་ཡོད །
Early / Late	*Early* སྔ་པོ་ *Late* ཕྱིས་པོ་	*"Class is very early tomorrow."* སང་ཉིད་འཛིན་གྲྭ་དཔེ་སྔ་པོ་རེད ། *"Class is late tomorrow."* སང་ཉིན་འཛིན་གྲྭ་དཔེ་ཕྱིས་པོ་རེད །

Useful Words...*Continued*

Except / Unless	མ་གཏོགས་	*"I only have one."* ང་ལ་གཅིག་མ་གཏོགས་མེད། *"Unless I take medicine I am very sick."* ངས་སྨན་ཟ་ན་མ་གཏོགས་ང་ཞེ་དྲག་ན་གི་འདུག
Extra / Leftover	ལྷག་མ་	*"Is there any food leftover?"* ཁ་ལག་ལྷག་མ་ཡོད་པས།
Fair / Honest	དྲང་པོ་	*"That's not fair."* དེ་དྲང་པོ་མ་རེད།
to Feel	ཚོར་བ་	*"I can't feel my hand"* ངའི་ལག་པ་ལ་ཚོར་བ་མི་འདུག *The word 'Feel' in Tibetan is used for tactile sensations and usually not used to express emotions as in English.*
to Finish	ཚར་	*"He's finished drinking tea."* ཇ་འཐུང་ཚར་སོང་།
For example	དཔེར་ན་	*"For example, This is a book."* དཔེར་ན། འདི་དེབ་རེད།
For / In order to / For the purpose of	ཆེད་དུ་	*"I pray for the Tibetans."* ངས་བོད་པའི་ཆེད་དུ་སྨོན་ལམ་བརྒྱབ་གི་ཡོད།
Forget it	གཡུགས་ཤོག	*"Don't talk about it." / "Don't mention it." / "Forget about it."*
Guess	ཚོད་དཔག་བྱེད་པ་	*"I'm guessing tomorrow will become hot."* ངས་ཚོད་དཔག་བྱེད་ན། སང་ཉིན་ཚ་པོ་ཆགས་ས་རེད།
Half hearted Sloppy Recklessly	གང་བྱུང་མང་བྱུང་	*"Don't do (the work) half hearted."* or *"Don't do a bad job."* Also said to children as: *"don't be bad."* གང་བྱུང་མང་བྱུང་མ་བྱས།
Improve	ཡར་རྒྱས་	*"Your Tibetan has improved."* *(going well)* ཁྱེད་རང་གི་བོད་སྐད་ཡར་རྒྱས་འགྲོ་ཤག
Invited *(Simple style)*	སྐད་(བཏང) *(Called)*	*"He invited me for food".* ཁོས་ང་ཁ་ལག་ལ་སྐད་བཏང་སོང་།
It is!	དེ་ག་རང་རེད་	*"Yes, it is." / " yes, just like that."* རེད། དེ་ག་རང་རེད།
to Know	ཤེས་	*"I know Tibetan."* ངས་བོད་སྐད་ཤེས་གི་ཡོད།

Useful Words...*Continued*

to Know *(someone)*	ངོ་ཤེས་	*"I know him."* ངས་ཁོ་ངོ་ཤེས་ཀྱི་འདུག
Lie / Fake	རྫུན་མ་	*"don't lie."* རྫུན་མ་མ་བཤད།
Like / As / Similar	འདྲ་པོ་	*"This milk is like water."* *(thin and watered down)* འོ་མ་འདི་ཆུ་འདྲ་པོ་འདུག
Made to do	གཅུག	*"My father made me do my homework."* ངས་པ་ལགས་ཀྱིས་ང་ལ་ནང་སྦྱོང་བྱས་གཅུག་སོང་།
Maybe	གཅིག་བྱས་ན	"Maybe I'll go." གཅིག་བྱས་ན་ང་འགྲོ་ཡ་ཡིན།
Me too	ང་ཡང་	*"I'm also going to Lhasa."*
Must	ངེས་པར་དུ	*"I must go to Tibet."* (དགོས་ - for the purpose of) ང་ངེས་པར་དུ་བོད་ལ་འགྲོ་དགོས།
Must	ཡིན་གཅིག་མིན་གཅིག	*"I must go to Tibet."* ང་ཡིན་གཅིག་མིན་གཅིག་བོད་ལ་འགྲོ་དགོས།
Never mind No problem	གད་ཡོད་མ་རེད་	*"What did you say?"…"Nothing important."*
No choice	ཐབས་ཤེས་མི་འདུག	*"I have no choice."* ང་ལ་ཐབས་ཤེས་མི་འདུག
No meaning	དེ་འ་ཚི་ *(Pronounced 'de-gas')*	Same old thing / nothing / not interested / Mediocre
Not even	ཡང་མེད་	*"Not even one."* གཅིག་ཡང་མེད། *"I don't even have one class."* ང་ལ་ཛིན་གྲྭ་གཅིག་ཡང་མེད།
Of course	ཡིན་དང་ཡིན་	Usually used in response to a question. *"Of course I'm tired."* ཡིན་དང་ཡིན། ང་ཐང་ཆད་སོང་།
O.K.	འགྲིག་གི་འདུག	*"Is it OK? "* ད་འགྲིག་གི་འདུག་པས།

Useful Words...*Continued*

Only	རང་	*"I only have one class."* ང་ལ་འཛིན་གྲྭ་གཅིག་རང་ཡོད །
Perfect	ཁྲ་ཁྲ་	*"These momos are perfect."* མོག་མོག་དེ་ཁྲ་ཁྲ་རེད་ཤག
Perfect (*used for time*)	ཏག་ཏག་	*"He arrived right on time."* ཁོ་ཏག་ཏག་བསླེབས་སོང་ །
Popular Well known	ཡོངས་གྲགས་ཆེན་པོ་	*"Is this word popular?"* ཚིག་འདི་ཡོངས་གྲགས་ཆེན་པོ་རེད་པས །
Interesting	སྣང་བ་འགྲོ་པོ་	*"Very interesting."* དགེ་སྣང་བ་འགྲོ་པོ་འདུག
Promise Comit to	ཁས་ལེན་བྱེད་	*"I promised I would study."* ངས་སློབ་སྦྱོང་བྱེད་པ་ཁས་ལེན་པ་ཡིན །
Purpose *(For the purpose of)*	དགོས་ *(want or need)*	*"I went to Delhi for the purpose of work"* ང་ལྡི་ལི་ལ་ལས་ཀ་ཆེད་དུ་འགྲོ་དགོས །
to Put	བཞག	*"Leave it there."* དེ་ལ་བཞག
to Quit	གཡུགས་	*"He quit school."* ཁོས་སློབ་གྲྭ་གཡུགས་པ་རེད །
to Quit *(Bad habits)*	སྤང་ཚར་	*"I quit smoking."* ངས་ཐ་མག་སྤང་ཚར་ཡིན །
Real / Really / True	དངོས་གནས་རེད་	*"Really?"* དངོས་གནས་རེད་པས །
Reason	རྒྱུ་མཚན་	*"What the reason you needed to come."* ཁྱེད་རང་ཡོང་དགོས་པའི་རྒྱུ་མཚན་ག་རེ་རེད །
Same	གཅིག་པ་	*"We are in the same class".* ང་ཚོ་འཛིན་གྲྭ་གཅིག་པ་རེད །
Should have	དགོས་ས་རེད་	"I should have ordered momos." ངས་མོག་མོག་མངགས་དགོས་ས་རེད །
So *(good)*	དགེ་	*"These momos are so good."* མོག་མོག་དེ་དགེ་ཡག་པོ་འདུག

Useful Words*...Continued*

to Stay	བསྡད་	*"I'm going to stay and study."* ངས་སློབ་སྦྱོང་བྱས་ནས་བསྡད་ཡོད །
Time to	རན་ *(pronounced 'ren')*	*"Now, it's time to eat. "* ད ། ཁ་ལག་ཟ་རན་སོང་ ། *"Time to go home."* ནང་ལ་འགྲོ་རན་སོང་།
Too Too many Too few Too sweet Etc...	དྲགས	*Made with only the first syllable of the adjective* Too many books. དེབ་མང་དྲགས་ཤག Too few apples. ཀུ་ཤུ་ཉུང་དྲགས་ཤག *"This tea is too sweet."* ཇ་མངར་དྲགས་ཤག
Trade	བརྗེ་པོ་ལང་	*"Let's trade phones."* ང་གཉིས་ཁ་པར་བརྗེ་པོ་ལང་ །
Trying Make effort	འབད་བརྩོན་བྱེད་	*"I will try."* ངས་འབད་བརྩོན་བྱེད་ཡ་ཡིན །
Understand	ཧ་གོ་	*"Do you understand?"* ཁྱེད་རང་ཧ་གོ་སོང་ངས །
Understand	མགོ་འཚོས་	*"Do you understand?"* ཁྱེད་རང་མགོ་འཚོས་སོང་ངས །
Use	བེད་སྤྱོད་གཏོང་ཡ་ *Verb* (སྐངས)	*"I don't know how this word is used."* ཚིག་འདི་བེད་སྤྱོད་གཏོང་སྐངས་ངས་ཧ་གོ་གི་མེད །
Useful	བེད་སྤྱོད་ཆེན་པོ་	*"English is very useful."* དབྱིན་ཇི་བེད་སྤྱོད་ཆེན་པོ་ཡོད་རེད །
Very	ཞེ་དྲག	*"These momos are very delicious."* མོག་མོག་དེ་ཞིམ་པོ་ཞེ་དྲག་འདུག
With / Without	ཡོད་ཀྱི་ / མེད་ཀྱི་	Coffee with milk. འཚིག་ཇ་འོ་མ་ཡོད་ཀྱི ། Without chili. སི་པན་མེད་ཀྱི །
Yes or No?	རེད་མ་རེད་	*"What do you think?"* / *"Is it or is it not?"*

Useful Phrases

"Are you ready to go?" ཁྱེད་རང་འགྲོ་ཆོག་ཆོག་ཡིན་པས།
"Be careful." གཟབ་གཟབ་བྱས། (*also said when friends are departing*)
"Did you work?" ཁྱེད་རང་ལས་ཀ་བྱས་པ་ཡིན་པས།
"Don't pay attention to that." དེ་ལ་ཡ་མ་བྱས།
"Don't worry." སེམས་ཁྲེལ་མ་བྱས།
"Go away!" ཕར་རྒྱུག། (this is strong or rude comment)
"He's a trouble maker." ཁོ་རྙོག་དྲ་བཟོ་མཁན་རེད།
"How do you say that in Tibetan." འདི་བོད་སྐད་ནང་ལ་ག་འདྲ་སེ་ལབ་གི་རེད།
"I didn't mean to." ངས་ཀྲང་བཙུགས་ནས་བྱས་མིན།
"I don't want to." ང་བྱེད་འདོད་མེད།
"I go to bed at 10:00." ང་ཆུ་ཚོད་བཅུ་པ་ལ་ཉལ་གི་ཡོད། *"I wak up at 6:00."* ང་ཆུ་ཚོད་དྲུག་པ་ལ་ལང་གི་ཡོད།
"I got a great opportunity." ངས་གོ་སྐབས་ཡག་པོ་རག་སོང་།
"I have one thing to check/see." ངས་ཅ་ལག་ཅིག་གཏང་དགོས་ཡོད།
"I made many mistakes." ངས་ནོར་འཁྲུལ་མང་པོ་ཤོར་སོང་།
"I know him." ངས་ཁོ་ངོ་ཤེས་གི་ཡོད།
"I need to check on one thing." ངས་ཅ་ལག་གཅིག་ལ་ལྟ་དགོས་ཡོད།
"I should have gone to Delhi." ང་ལྡི་ལི་ལ་འགྲོ་དགོས་བྱུང་སོང་།
"I slept a long time." ང་གཉིད་རྒྱུན་རིང་པོ་ཁུག་པ་ཡིན།

Useful Phrases*...Continued*

"I'll come after having tea." ཇ་འཐུང་ནས་ང་ཡོང་ལ་ཡིན །
"I'm about to go." ང་འགྲོ་གྲབས་ཡོད ། *(about to* གྲབས་ *)*
"Is this/that correct? (alright) " འདི་འགྲིག་འདུག་པས །
"It's his fault." (he did it) ཁོས་བྱས་པ་རེད །
1st friend says: *"Sorry my house is so messy."* 2nd friend replies: *It's O.K. we're friends."* དགོངས་དག་ངའི་ནང་ལ་དཔེ་བཅོག་པ་འདུག གད་ཡོད་མ་རེད ། ང་ཚོ་ནང་ཚགས་རེད །
"Makes no difference." - ཁྱད་པར་མེད །
"Mind your own business." ཇུས་གཏོགས་མ་བྱས ། "*I mind my own business.*" ང་རང་ལས་ཀ་ང་རང་བྱེད (*My own work I do myself*) "*People should mine their own business*" མི་མིའི་ལས་ཀ་མི་མིས་བྱེད (*People should do their own work*)
"No problem." གད་བྱེད་གི་མ་རེད །
"Coca-Cola is not healthy" Coca-Cola འཕྲོད་བསྟེན་ཡག་པོ་ཡོད་མ་རེད །
"Sorry I'm early." དགོངས་དག་ང་སྔ་དྲགས་ཤག
"Sorry I'm late." དགོངས་དག་ང་རྗེས་ལུས་ཐེབས་ཤག
"Should I go?" ང་འགྲོ་དགོས་ས་རེད་པས ། *(If feeling unwelcome or in an uncomfortable situation)*
"The momos will be ready in 1 hour." ཆུ་ཚོད་གཅིག་རྗེས་ལ་མོག་མོག་རག་གི་རེད །
"Welcome back" ཡང་བསྐྱར་ཐེབས་པར་བཀྲ་ཤིས་བདེ་ལེགས །
"What's the harm in going slow?" ག་ལེར་ག་ལེར་འགྲོ་ན་སྐྱོན་ག་རེ་ཡོད་རེད །
"What's your favorite food?" ཁྱེད་རང་སྣང་བ་འགྲོ་ཤོས་ཁ་ལག་ག་རེ་རེད ། *(most interesting food)*

Clauses, Phrases and Modifying Words

These are parts of speech that can be used to make or modify many different sentences.

Don't forget ___.	མ་བརྗེད་པར་བྱས	*"Don't forget your keys."* ཁྱེད་རང་གི་ལྡེ་མིག་མ་བརྗེད་པ་བྱས །
Forgot ___.	___ དྲན་པ་བརྗེད་ཤག	*"I forgot my book."* ངས་དེབ་དྲན་པ་བརྗེད་ཤག
I wonder <u>what</u> it **has**. *Can be use with most question words.*	___ ཡོད་ན་	*"I wonder **what** food that restaurant has."* ཟ་ཁང་དེ་ནང་ཁ་ལག་ག་རེ་ཡོད་ན །
I wonder <u>what</u> it **is**. *Can be use with most question words.*	___ ཡིན་ན་	*"I wonder **what** that is."* དེ་ག་རེ་ཡིན་ན ། *"I wonder **who** that is."* སུ་ཡིན་ན །
Is it O.K. **If** I ___.	ན་འགྲིག་གི་རེད་པས །	*"Is it O.K. if I sit?"* བསྡད་ན་འགྲིག་གི་རེད་པས །
___ Looks ___. Seems	___ མདོག་ཁ་པོ་འདུག	*(Using only the first syllable of the first adjective)* *"Looks good."* Good ཡག་མདོག་ཁ་པོ་འདུག (ཡག = ཡག་པོ) *"Looks delicious."* Delicious ཞིམ་མདོག་ཁ་པོ་འདུག (ཞིམ = ཞིམ་པོ)
Staying / བསྡད་ Going / འགྲོ་	In Tibetan as in English, staying and going are added to many sentence structures	*"I'm going to **stay** and study."* ངས་སློབ་སྦྱོང་བྱས་ནས་སྡད་ཡོད ། *"My studies are **going** well."* ངའི་སློབ་སྦྱོང་ཡག་ཏུ་འགྲོ་གི་ཡོད །
___ supposed to be ___.	ཡིན་དགོས་	*"Chili is supposed to be hot."* སི་པན་ནི་ཁ་ཚ་པོ་ཡིན་དགོས་གི་རེད །
(To be) Used to something. *(Familiar with)*	གོམས་	*"He's not use to cold weather".* ཁོ་གནམ་གཤིས་གྲང་མོ་ལ་གོམས་ཡོད་མ་རེད

Popular Forms of Sentences

Some popular and very useful ways of creating sentences.

❖ **Making a simple sentence with S-O-V-T / Subject-Object-Verb-Tense**

Subject	Object	Verb	Tense
I'm	*food*	*eat*	*Am doing / did / will do*
ངས་	ཁ་ལག་	ཟ་	གི་ཡོད་ *Present*
			པ་ཡིན་ *Past*
			ཡ་ཡིན་ *Future*

- ན་ - **If** - is one of the most used structures in Tibetan sentences.

*"**If** the weather is hot I won't go."* གནམ་གཤིས་ཚ་པོ་ཡོད་ན་ང་འགྲོ་གི་མིན །

"Is it O.K. if I come in?" ང་ནང་ལ་འཛུལ་ན་འགྲིག་གི་རེད་པས །

"If you're open late I'll come back." ཁྱེད་རང་གིས་སྒོ་ཕྱི་པོ་ཕྱེ་ན་ང་ཚུར་ཡོང་གི་ཡིན །

- ཡ་ - **To** - is another widely used structures in Tibetan sentences.

"I'm going to study my reading and then my writing." ངས་ཀློག་ཡ་སྦྱོང་ ། དེ་ནས་བྲི་ཡ་སྦྱང་གི་ཡིན །

"I'm going to stay and study." ངས་སློབ་སྦྱོང་བྱས་ནས་སྡོད་ཡ་ཡིན །

"To study hard is very good." སློབ་སྦྱོང་ཧུར་ཐག་བྱེད་ཡ་དེ་དགེ་ཡག་པོ་རེད །

- ག་ is used with sentences about 'going'.

"I'm going to work." ང་ལས་ཀ་བྱེད་ག་འགྲོ་གི་ཡིན །

"He went to pickup milk." ཁོ་འོ་མ་ལེན་ག་ཕྱིན་སོང་ །

"He went to meet his relative". ཁོ་སྤུན་མཆེད་ཐུག་ག་ཕྱིན་སོང་ །

Final Thoughts and Advice

Tibetan is a fascinating language and quite fun when you get the hang of it. Remember that a happy, playful mind is a mind at its best, so keep a positive attitude towards your studies and keep it interesting and fun. When we're frustrated language doesn't flow.

A few final tips:

- When studying, read everything aloud, language study should never be silent.
- Use a varied approach to study: listening, speaking, reading, and writing.
- Keep it simple, for general conversation Tibetan uses much simpler sentences than English.
- Talking fast does not make you sound more fluent; develop a clear and calm style.
- Don't second guess yourself, have confidence that most of the time you're correct.
- The Tibetan people are grateful that their language and culture are being studied. This becomes apparent as you improve. You'll start to notice Tibetans staring at you in amazement as you speak, saying: "*Wow, he speaks Tibetan.*" Or many times Tibetans will start laughing when you speak well, delighted at how rapidly you're improving. Then the cultural door to the hearts of the wonderful Tibetan people will open even wider to you.

Recommended Follow-Up Texts

For Spoken Tibetan

- **Tibetan Conversation Method Text -1**. 2013.
  This text is recommended directly following this text.
  Ngarampa Sangye Tsultrim / Venerable Tenzin Tharpa
  Liberation Publications. Free download at: Tibet2009.com

- **Manual of Standard Tibetan**. 2003.
  Nicholas Tournadre / Sangda Dorje, Snow Lion Publications.

For Classical Tibetan

- **An Introduction to Classical Tibetan.** 2006.
  Stephen Hodge, Orchid Press Publications.

- **How to Read Classical Tibetan**. 2006.
  Craig Preston, Snow Lion Publications.

Appendix

The following appendix is filled with some very useful charts, vocabulary and extra material. Examine it and use it for quick reference in your continuing studies.

Glossary of Tibetan Grammatical Terms

Parts of Speech / སྐད་ཆའི་ཆ་ཤས་	
Adjectives	ཁྱད་ཚིག
Adverbs	བྱ་བའི་ཁྱད་ཚིག
Conjunctions	འབྲེལ་ཚིག
Copula	ཚིག་ཕྲད་
Injections	*No Word*
Nouns	མིང་ཚིག
Post positions	ཚིག་ཕྲད་
Pronouns	མིང་ཚབ་
Verb	བྱ་ཚིག་
Parts of Words / ཡི་གེ་ཆ་ཤས་	
Consonants	གསལ་བྱེད་
Letter	ཡི་གེ་
Prefix letter	སྔོན་འཇུག
Post Suffix letter	ཡང་འཇུག
Root letter	མིང་གཞི་
Subjoined letter	འདོགས་ཅན་
Suffix letter	རྗེས་འཇུག
Superscribed letter	མགོ་ཅན་
Vowels	དབྱངས་
Word	ཚིག་

Basic Grammar Terms / གཞི་རྩའི་བརྡ་སྤྲོད་ཐ་སྙད་	
Alphabet	གསལ་བྱེད་
Answer	ལན་
Comparatives	མཚུངས་བསྡུར་
Contractions	སྡུད་ཚིག་
Grammar	བརྡ་སྤྲོད་
Imperatives	བསྐུལ་ཚིག
Object	བྱ་བའི་ཡུལ་
Particles	ཚིག་ཕྲད / ཕྲད་
Person - 1st 2nd 3rd	གང་ཟག་༡པོ་དང་༢པ་༣པ་
Plural	མང་ཚིག
Possessive	བདག་སྒྲ་
Pronunciation	སྒྲ་གདངས་
Questions	དྲི་བ་
Sentence	ཚིག་སྒྲུབ་
Singular	གཅིག་ཚིག་
Subject	བྱེད་པ་པོ་
Tenses	**དུས་གསུམ་**
Present	ད་ལྟ་བ།
Past	འདས་པ།
Future	མ་འོངས་པ།

Common Punctuation Marks

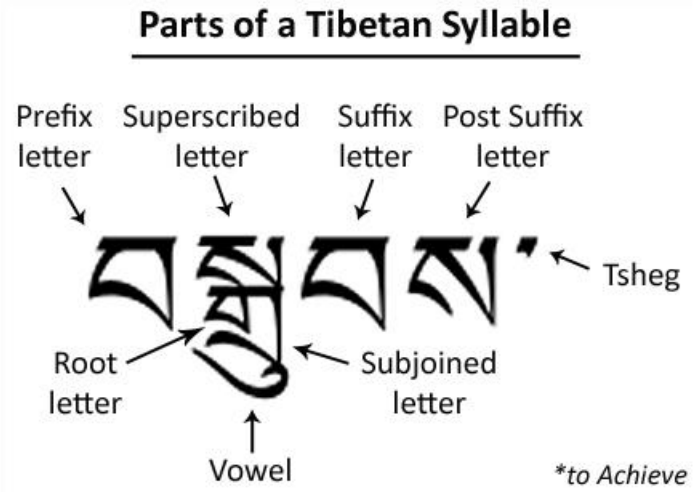
• - Tsheg / ཚེག – used to separate syllables and words.

། - She / ཤད་ – used as a comma or period.

༎ - Nyi-she / གཉིས་ཤད་ – marks the end of a section.

༎ ༎ - Shi-she / བཞི་ཤད་ – marks the end of a chapter or long prose.

༄༅ - Yik-go / ཡིག་མགོ་ – marks the- beginning of a text or page.



Parts of the Tibetan Syllable

1) Prefix letter / སྔོན་འཇུག – Prefix letters are always silent.
2) Superscribed letter / མགོ་ཅན་ – Superscribed letters modify the root letter.
3) Suffix letter / རྗེས་འཇུག – adds a <u>consonant sound only</u> to the root letter, no vowel sound.

   Suffix letters usually have a very short consonant sound or glottal stop, sometimes almost silent.
4) Post Suffix letter / ཡང་འཇུག – Post suffix letters are silent.
5) Root letter / མིང་གཞི་ – the main letter and only letter that can be stacked or built upon.
6) Subjoined letter / འདོགས་ཅན་ – Subjoined letters modify the root letter.
7) Vowel letter / དབྱངས་ – changes the 'A' sound of consonants into the other vowels sounds.
8) Tsheg / ཚེག – Tshegs are used to separate syllables, words and sentences.

The Wylie Transliteration System

Created in 1959 by Turrell V. Wylie as a method for transliterating Tibetan script using only the letters available on typical English typewriter. Wylie has become the standard transliteration system in Tibetan studies. Software is available allowing the typing of Tibetan letters using any computer keyboard.
One popular software is: Denjong TibType (Tibetan fonts are also needed).

Wylie System	Column 1	Column 2	Column 3	Column 4
Row 1	ཀ་ - ka	ཁ་ - kha	ག་ - ga	ང་ - nga
Row 2	ཅ་ - cha	ཆ་ - chha	ཇ་ - ja	ཉ་ - nya
Row 3	ཏ་ - ta	ཐ་ - tha	ད་ - da	ན་ - na
Row 4	པ་ - pa	ཕ་ - pha	བ་ - ba	མ་ - ma
Row 5	ཙ་ - tsa	ཚ་ - tsha	ཛ་ - dza	ཝ་ - wa
Row 6	ཞ་ - zha	ཟ་ - za	འ་ - ’	ཡ་ - ya
Row 7	ར་ - ra	ལ་ - la	ཤ་ - sha	ས་ - sa
Row 8	ཧ་ - ha	ཨ་ - a		
Vowles	ི - i	ུ - u	ེ - e	ོ - o

Remember: Wylie is not a phonetic pronunciation guide, its purpose is transliteration, to accurately notate in English the correct Tibetan <u>spelling</u>. To see the Wylie sentence ‘ngas mog mog za gi yod’ written in a book would be impossible to pronounce. But it could be pronounced and understood correctly after translating into the Tibetan script: ངས་མོག་མོག་ཟ་གི་ཡོད། *“I’m eating momos.”*

Wylie Transliteration	This is an exact translation of the Tibtan letters. (Wylie is not used in this text)
“I’m eating momos.”	ngas mog mog za gi yod *(Written for Tibetan <u>spelling</u> not for pronunciation).* ངས་ མོག་མོག་ ཟ་ གི་ ཡོད།

IPA Phonetic - International Pronunciation Alphabet	(IPA is the system used in this text)
“I’m eating momos.”	nge mo mo sa ki yö *(Written for pronunciation only).* ངས་ མོག་མོག་ ཟ་ གི་ ཡོད།

- ❖ Wylie is used when wanting to convey the accurate spelling of a Tibetan word to the reader.
- ❖ IPA is used when wanting to convey the accurate pronunciation of a Tibetan word to the reader.

The Wylie Transliteration System

Consonants	Column 1	Column 2	Column 3	Column 4
Row 1	ཀ་ - ka	ཁ་ - kha	ག་ - ga	ང་ - nga
Row 2	ཅ་ - cha	ཆ་ - chha	ཇ་ - ja	ཉ་ - nya
Row 3	ཏ་ - ta	ཐ་ - tha	ད་ - da	ན་ - na
Row 4	པ་ - pa	ཕ་ - pha	བ་ - ba	མ་ - ma
Row 5	ཙ་ - tsa	ཚ་ - tsha	ཛ་ - dza	ཝ་ - wa
Row 6	ཞ་ - zha	ཟ་ - za	འ་ - ’	ཡ་ - ya
Row 7	ར་ - ra	ལ་ - la	ཤ་ - sha	ས་ - sa
Row 8	ཧ་ - ha	ཨ་ - a		
Vowles				
Vowles	ི - i	ུ - u	ེ - e	ོ - o

Sanskrit Letters				
གྷ་ - Gha	ཛྷ་ - dzha	ཊ་ - Ta	ཥ་ - Sha	ཌྷ་ - Dha
ཋ་ - Ha	ཀྵ་ - kSha	དྷ་ - dha	ཌ་ - Da	བྷ་ - bha
ཎ་ - a				

Sometimes periods are needed to adjust stacking letters. The period stops the building of the last letter.

Some Unusual Prefix and suffixe Spelling While Typing			
Use a period to create:	གཡུ་ - g.yu	གྱུ་ - gyu.	གཡོན་ - g.yon

The Wylie Transliteration System

Combination Letters							
ཀྱ་	kya	ཁྱ་	khya	གྱ་	gya	པྱ་	pya
ཕྱ་	phya	བྱ་	bya	མྱ་	mya		
ཀྲ་	kra	ཁྲ་	khra	གྲ་	gra	ཏྲ་	tra
ཐྲ་	thra	དྲ་	dra	པྲ་	pra	ཕྲ་	phra
བྲ་	bra	མྲ་	mra	ཤྲ་	shra	སྲ་	sra
ཧྲ་	hra						
ཀླ་	kla	གླ་	gla	བླ་	bla	ཟླ་	Zla
རླ་	rla	སླ་	sla				
རྐ་	rka	རྒ་	rga	རྔ་	rnga	རྗ་	Rja
རྙ་	rnya	རྟ་	rta	རྡ་	rda	རྣ་	Rna
རྦ་	rba	རྨ་	rma	རྩ་	rtsa	རྫ་	Rdza
ལྐ་	lka	ལྒ་	lga	ལྔ་	lnga	ལྕ་	Lca
ལྗ་	lja	ལྟ་	lta	ལྡ་	lda	ལྤ་	Lpa
ལྦ་	lba	ལྷ་	lha				
སྐ་	ska	སྒ་	sga	སྔ་	snga	སྙ་	Snya
སྟ་	sta	སྡ་	sda	སྣ་	sna	སྤ་	Spa
སྦ་	sba	སྨ་	sma	སྩ་	stsa		
ཀྭ་	kwa	ཁྭ་	khwa	གྭ་	gwa	ཅྭ་	Cwa
ཉྭ་	nywa	ཏྭ་	twa	དྭ་	dwa	ཙྭ་	Tswa
ཚྭ་	tshwa	ཞྭ་	zhwa	ཟྭ་	zwa	རྭ་	Rwa
ཤྭ་	shwa	སྭ་	swa	ཧྭ་	hwa		

Glossary

Popular Vocabulary by Topic

A compilation of modern and useful Tibetan words, verbs and phrases

Contents

- **Daily Speech** – *Greetings, comfortable substitutes, shortcuts, sentences starters, gap fillers, how to get a laugh.*
- **Who is Who** – *Pronouns, titles.*
- **Polite Words** – *Popular polite words and phrases.*
- **Daily Concerns** – *Personal things, parts of the day, weather, directions, colors, textures, measurements, amounts.*
- **Family** – *Family members.*
- **Coming and Going** – *Destinations, places, countries.*
- **People** – *Appearance, emotions, personality, senses, parts of the: face, body, organs.*
- **Travel** – *Transportation, directions.*
- **Restaurant** – *Staff, things, meals, foods.*
- **Shopping** – *Staff, stores, electronics, entertainment, clothes.*
- **Work** – *Jobs, tools, cleaning items.*
- **Office** – *Staff, equipment, supplies.*
- **School** – *Staff, books, subjects.*
- **Home** – *Rooms, furnishings, utilities, household items, bathroom items, bedroom items.*
- **Kitchen** – *Appliances, kitchen items.*
- **Buddhism** – *People, titles, places, temple items, beings, traditions, ritual items.*
- **Doctor's Office** – *Staff, sicknesses, injuries.*
- **Emergency** – *Police, criminal.*
- **Activists** – *Activities and hobbies.*
- **Sports** – *Staff, sports, sports items.*
- **Nature** – *Plants, animals, birds/insects, landscapes, material, elements.*
- **Useful** – Opposites, adverbs, adjectives.

Important Information About Verbs in This Text

❖ **Verb tenses in spoken Tibetan.**

In simple spoken Tibetan (unlike written Tibetan) present tense verbs are usually used for all tenses, with tense particles and their accompanying copulas determining the specific tense.

❖ **Verbalizers in spoken Tibetan.**

Verbalizer's 'past tense' pronounciations are usually used for all tenses.

❖ **In order to make this text as simple as possible for beginners**, lists of verbs and/or verbalizers are presented in the spoken style only. There are books available that present complete listings of verbs with all their different tense spellings for a more formal and/or written style of Tibetan.

❖ **Verb Imperatives in spoken Tibetan.** (*request or command words*)

In written Tibetan, most verbs have 'Distinct Imperatives' but these are rarely used in the spoken language. A few popular distinct imparitives used in spoken Tibetan are:

Verbs	Present	Past	Future	Distinct Imperatives
to **Go**	འགྲོ་བ་	ཕྱིན་པ་	འགྲོ་བ་	རྒྱུགས་
to **Say**	བཤད་	བཤད་	བཤད་	ཤོད་
to **Do**	བྱེད་པ་	བྱས་པ་	བྱ་བ་	བྱོས་

E.g. "*Go to class!*" འཛིན་གྲྭར་རྒྱུགས་ །

❖ Apart from the popular verbs mentioned above, imperitives in spoken Tibetan are usualy created using 'general imperatives', which are placed at the end of sentences following the verb.

General Imperatives	*(request or command words)*		**Rated by Importance**
རོགས	Please *(the most polite)*	བྱེད་རོགས	*Please do it.*
ཞོ་	Affectionate request	བྱེད་ཞོ་	*Do it.*
དང་	Informal request	བྱེད་དང་	*Do it.*
ཨ་	Strong request *(urgency or coercion)* *(possible danger)*	བྱེད་ཨ་	*Do it.*
ཤོག	Strong request	བྱེད་ཤོག	*Do it.*
For a strong command say Just the verb	Command	བྱེད་	*Do!*

E.g. "*Study your homework!*" ནང་སྦྱོང་བྱེད་ཤོག

Sometimes distinct imperatives and general imperative are used together.

Daily Speech / ཉིན་རེའི་སྐད་ཆ་

Greetings / འཚམས་འདྲི་		
1.	Hello	བཀྲ་ཤིས་བདེ་ལེགས་
2.	Good morning	སྔ་དྲོ་བདེ་ལེགས་
3.	Good afternoon	ཉིན་དགུང་བདེ་ལེགས་
4.	Good evening	དགོང་དྲོ་བདེ་ལེགས་
5.	Good night	གཟིམ་ཆ་གནང་གོ་
6.	Goodbye *(staying)*	ག་ལེར་ཕེབས་
7.	Good bye *(going)*	ཁ་ལེར་ཞུགས་

Slang		
1.	Hello *(hey)*	ལྷེ་
2.	*(I'm)* Fine	བདེ་པོ།
3.	And you?	ཁྱེད་རང་།
4.	Thanks	ཐུགས་ཆེ་
5.	See you later	མཇལ་ཡོང་།
6.	Goodbye (person staying)	ཕེབས་ཨ་
7.	Good bye (person going)	ཞུགས་ཨ་

Basic Greetings / གཞི་རྒྱའི་འཚམས་འདྲི་			Slang Greeting
Q:	Hello, How are you?	*Hello, you fine are ?* བཀྲ་ཤིས་བདེ་ལེགས། ཁྱེད་རང་བདེ་པོ་ཡིན་པས།	*Hey, fine?* Q: ལྷེ་བདེ་པོ།
A:	Fine thanks, and you?	*Fine thanks and you* བདེ་པོ་ཡིན། ཐུགས་རྗེ་ཆེ། ཁྱེད་རང་།	*Fine.* A: བདེ་པོ།
Q:	Where are you going?	*Where going are* ག་བ་འགྲོ་གི་ཡིན།	*Where* Q: ག་བ།
A:	I'm going for a walk.	*I Walk Going am* ང་འཆམ་འཆམ་འགྲོ་གི་ཡོད།	*Walk* A: འཆམ་འཆམ།
	See you later.	*After meet come* རྗེས་ལ་མཇལ་ཡོང་།	*See ya.* མཇལ་ཡོང་།

❖ **Two very popular alternatives to the question: *"How are you?"*** *(Hows your body?)*

(Your) Body fine is ? — always happy am — happy completely am

Q: སྐུ་གཟུགས་བདེ་པོ་ཡིན་པས། **A-1:** སྣང་བ་སྐྱིད་པོ་འདུག **or A-2:** བདེ་པོ་བདེ་རྐྱང་ཡིན།

Daily Speech: Phrases and Questions
1. *"What's your name?"* ཁྱེད་རང་མིང་ག་རེ་རེ།
2. *"Where are you from?"* ཁྱེད་རང་ག་བ་ནས་ཡིན།
3. *"What are you doing?"* ཁྱེ་རང་ག་རེ་བྱེད་གི་ཡོད།
4. *"The weather is good."* གནམ་གཤིས་ཡག་པོ་འདུག
5. *"Long time no see."* མ་མཇལ་ཡུན་རིང་།

Daily Speech

Substitutes for Comfortable English Phrases		
"Good to see you again"	ཡང་བསྐྱར་མཇལ་བ་དགའ་པོ་བྱུང་།	*This can be used at the beginning or end of the conversation.*
"Have a nice day"	ཉི་མ་སྐྱིད་པོ་ཡོང་བར་ཤོག	*This phrase is becoming popular with Tibetans.*
"I'm thinking…"	ངའི་བསམ་པ་ལ།	
"Better" *"Ah…that's better"*	ཡག་པོ་འདུག	*Implying that something has changed for the better.*
"Is that better?"	ཡག་པོ་འདུག་གས།	
"So…"	ཨེ་ནས།	*"Any way…" "Say something."* *(During pauses in conversation)*
"Sounds good"	སྐད་ཆ་དེ་ཡག་པོ་འདུག	

Popular Shortcuts **Long Version**	**Shortcut**
"Where are you going?" "I'm going to drink tea." ཁྱེར་རང་ག་བ་འགྲོ་གི་ཡོད། ང་ཇ་འཐུང་ག་འགྲོ་གི་ཡོད	*"To drink tea."* ཇ་འཐུང་ག
"Where are you going?" I'm going to The restaurant." ཁྱེད་རང་ག་བ་འགྲོ་གི་ཡོད། ང་ཟ་ཁང་ལ་འགྲོ་གི་ཡོད།	*"To the restaurant."* ཟ་ཁང་ལ། *Saying just the destination is acceptable*
"What are you eating?" "I'm eating momos." ཁྱེད་རང་གིས་ག་རེ་ཟ་གི་ཡོད། མོག་མོག་ཟ་གི་ཡོད།	*"Momos."* མོག་མོག

Sentence Starters
"Anyway…" ཡ་ཡ་
"Starting tomorrow…" སང་ཉིན་འགོ་བཙུགས་དང་།
"By the way…" གཞན་པ་གཅིག་ལ་
"One more thing…" ད་དུང་ཡང་ *(still…)*
"Excuse me…" བཀའ་དྲིས་ཞུ་ཡ་ལ་ *(as if asking a stranger for directions)*
"I was thinking…" ངའི་བསམ་པ་ལ་
Therefore / So / Anyway བྱས་ཙང་ག

Daily Speech

Gap Fillers - These are for those uncomfortable moments between thoughts.
Basically… རྩ་བའི་ཆ་ནས་
Generally… སྤྱིར་བཏང་གི་
How should I say… ག་རེ་ཟེར །
I mean… ངའི་ཟེར་ཡ་ལ་
What should I say… ག་རེ་ལབ་དགོས་རེད
You know… ཨེ་ནས །

How to Get a Laugh
I think the topic of humor is overlooked in language texts. What better way to make friends and make conversation interesting than making people laugh. Here are a few favorite lines that work for me. **My best line:** After someone does something a little crazy or spontaneous I'll say: "*Is your mind healthy*?" ("*Are you crazy*?") ཁྱེད་རང་སེམས་པ་ཐང་ཐང་ཡོད་པས །
My next best line: This is said when friends are playfully teasing each other. *"He's no good*!" *"Yes, I've heard, but I don't believe it*" 1st friend teasing his friend: ཁོ་ཡག་པོ་མི་འདུག I say: ཨ་ལེ ། ངས་གོ་སོང་ ། ཡིན་ན་ཡང་ང་ཡིད་ཆེས་མེད །
Line 3: To look humble after being complimented I'll say: *"I'm number one (the best)…from the bottom"* རྐུབ་ནས་བརྩིས་ན་ང་ཨང་དང་པོ་རེད །
Line 4: When someone does something nice for me or makes me some special food, I'll say: *"You're just like my mother."* ཁྱེད་རང་ངའི་ཨ་མ་ལགས་འདྲ་བ་ལ
Line 5: *"Is eating all you do*? " ཁྱེད་རང་ཁ་ལག་རྐྱང་རྐྱང་ཟ་གི་ཡོད་པས །
Line 6: *"His English is surprisingly / amazingly good!"* ཁོ་དབྱིན་ཇི་དེ་འདྲའི་ཡག་བ་ལ ། *(Surprisingly - wa la)*
Line 7: *"I'm a food eating expert."* ང་ཁ་ལག་ཟ་མཁས་པ་ཞིག་ཡིན །

Daily Speech

Greeting Verbs	Present	Past	Future	Imperative
1. to **Ask**		སྐད་ཆ་ (དྲིས)		
"Ask your mother." ཁྱེད་རང་གིས་ཨ་མ་ལགས་ལ་སྐད་ཆ་དྲིས་ཨ །				
2. to **Introduce**	ངོ་སྤྲོད་ (བྱེད་པ་)	ངོ་སྤྲོད་(བྱས་པ་)		
"Please Introduce me to him." ང་ལ་ཁོ་ངོ་སྤྲོད་བྱེད་རོགས །				
3. to **Invite** *(called)*		སྐད་ (བཏང་བ་)		
"He invited me to lunch." ཁོས་ང་ཁ་ལག་ལ་སྐད་བཏང་སོང་ །				
4. **to Say**	ལབ་པ་			
"He said he is Tibetan." ཁོ་བོད་པ་ཡིན་ལབ་གི་འདུག				
5. to **Meet**	ཐུག་པ་			
"I'm meeting my friend." ངས་གྲོགས་པོ་ཐུག་གི་ཡོད །				
6. to **Talk**		སྐད་ཆ་ (བཤད་པ་)		
"She's talking with her friend." མོ་རང་གིས་གྲོགས་པོ་ལ་སྐད་ཆ་བཤད་གི་ཡོད་རེད །				
7. to **Visit**	ལྟ་སྐོར་ (འགྲོ་བ་)	ལྟ་སྐོར་ (ཕྱིན་པ་)	ལྟ་སྐོར་ (འགྲོ་བ་)	
"I visited Delhi." ང་ལྡི་ལི་ལ་ལྟ་སྐོར་ཕྱིན་པ་ཡིན །				

Daily Speech: Phrases and Questions
1. *"This is a nice place."* ས་ཆ་འདི་ཡག་པོ་འདུག
2. *"This is my good friend Tenzin."* འདི་ངའི་གྲོགས་པོ་ཡག་པོ་བསྟན་འཛིན་རེད །
3. *"We are classmates at school."* ང་ཚོ་འཛིན་གྲྭ་གཅིག་པ་རེད ། *(we're in the same class)*
4. *"Your friend is very friendly."* ཁྱེད་རང་གི་གྲོགས་པོ་དབེ་ཁ་གསང་པོ་འདུག
5. *"Let's meet tomorrow for lunch."* སང་ཉིན་ཉིན་གུང་ཁ་ལག་ལ་ཐུག་དང་ །

Who is Who / སུ་སུ་རེད་

	Pronouns / མིང་ཚབ་	
1.	I	ང་
2.	You	ཁྱེད་རང་
3.	He	ཁོ་
4.	She	མོ་
5.	We	ང་ཚོ་
6.	You all	ཁྱེད་རང་ཚོ་
7.	They	ཁོ་ཚོ་

	Possessive Pronouns / མིང་ཚབ་འབྲེལ་སྒྲ་	
1.	My	ངའི་
2.	Yours	ཁྱེ་རང་གི་
3.	His	ཁོ་གི་
4.	Hers	མོ་གི་
5.	Ours	ང་ཚོའི་
6.	You alls (Not used in English)	ཁྱེད་རང་ཚོའི་
7.	Theirs	ཁོ་ཚོའི་

	Titles / སྐུ་མིང་	
1.	Older men *(father)*	པ་ལགས་
2.	Older women *(mother)*	ཨ་མ་ལགས་
3.	Men *(brother)*	ཇོ་ཇོ་ལགས་
4.	Woman *(Sister)*	ཨ་ཅག་ལགས་
5.	Boy	བུ་ལགས་
6.	Girl	བུ་མོ་ལགས་
7.	Children	ཕྲུ་གུ་

	Titles	
1.	Companion	རོགས་པ་
2.	Friend *(boy)*	གྲོགས་པོ་
3.	Friend *(girl)*	གྲོགས་མོ་
4.	Monk	གྲྭ་པ་
5.	Nun	ཨ་ནི་ལགས་
6.	Relative	སྤུན་མཆེད་ *(pun-gya)*
7.	Teacher	དགེ་རྒན་

Who is Who: Phrases and Questions
1. *"I am Tenzin."* ང་བསྟན་འཛིན་ཡིན།
2. *"I'm from America."* ང་ཨ་རི་ནས་ཡིན།
3. *"I'm a student."* ང་སློབ་ཕྲུག་ཡིན།
4. *"I have a book."* ང་ལ་དེབ་ཡོད།
5. *"This is my friend."* འདི་ངའི་གྲོགས་པོ་རེད།

Polite Words / གུས་ཞབས་ཚིག་

	Polite Words / གུས་ཞབས་ཚིག་	
1.	After you	ཕེབས་གནང་
2.	Excuse me *(as if asking a question)*	དགོངས་དག་
3.	Pardon me *(after bumping into someone)*	བཀའ་དྲི་ཞུ་ཡ་ལ་
4.	Please	ཀུ་ཅི་
5.	Sorry *(after offending someone)*	འཚིག་མ་ཟ་
6.	Thank you	ཐུགས་རྗེ་ཆེ་
7.	Your welcome (it's nothing)	གད་ཡོད་མ་རེད་

	Polite Words ...*continued*	
1.	I'll do it	ངས་བྱེད་དགོས་
2.	*I'm grateful (very kind)*	བཀའ་དྲིན་ཆེ །
3.	May I (do it) ...?	ཆོག་པ་བྱས །
4.	Of course	ཡིན་དང་ཡིན །
5.	Perhaps / Maybe	གཅིག་བྱས་ན །
6.	*Please Sit down*	བཞུགས་དང་ །
7.	*Welcome*	ཕྱག་ཕེབས་གནང་ །

About Honorific Verbs:

1. Honorific speech is never used for oneself, only for others.
2. Honorific verbs hold no tense value themselves and can be used for any tense.

	Honorific Verbs	Present	Past	Future	Imperative
1.	to **Come** or **Go**	ཕེབས་པ་			
	"Where are you going?" ཁྱེད་རང་ག་བ་ཕེབས་གི་ཡོད །				
2.	to **Do**	གནང་བ་			
	"He does good work." ཁོས་ཕྱག་ལས་ཡག་པོ་གནང་སོང་ །				
3.	to **Do** *(request)*	རོགས་གནང་བ་			
	"Can you give me some tea?" ང་ལ་ཇ་སྐྱོད་རོགས་གནང་ །				
4.	to **Drink** or **Eat**	མཆོད་པ་			
	"Enjoy your food." ཞལ་ལག་མཉེས་པོ་མཆོད་རོགས །				
5.	to **Give**	གནང་བ་			
	"She gave me some tea." མོས་ང་ལ་ཇ་སྐྱོད་གནང་སོང་ །				
6.	to **Sit**	བཞུགས་པ་			
	"Please, Sit down." བཞུགས་རོགས་གནང་ །				

Daily Concerns / ཉིན་རེའི་སེམས་འཁུར་

In My Pocket / ངའི་སྦ་ཁུག་ནང་ལ་		
1.	Change	སིལ་མ་
2.	Glasses	མིག་ཤེལ་
3.	Keys	ལྡེ་མིག་
4.	Money	སྒོར་མོ་
5.	Passport	ལག་འཁྱེར་
6.	Phone	ཁ་པར་
7.	Wallet	སྦ་ཁུག་

Personal Things / སྒེར་པའི་ཅ་ལག་		
1.	Brush	ཕག་ཟེ་
2.	Comb	སྐྲ་ཤེད་
3.	Matches	ཙག་སྒྲ་
4.	Phone number	ཁ་པར་ཨང་གྲངས་
5.	Shoulder bag	ཇོ་ལག་
6.	Ticket	འཛིན་ཤོག་
7.	Watch	ཆུ་ཚོད་

Parts of the Day / ཉིན་མའི་ཆ་ཤས་		
1.	Morning	ཞོགས་གས་
2.	Afternoon	ཉིན་གུང་རྒྱབ་ལ་
3.	Evening	དགོང་མདའ་
4.	Today	དེ་རིང་
5.	Yesterday	ཁ་སང་
6.	Tomorrow	སང་ཉིན་
7.		

Weather / གནམ་གཤིས་		
1.	Hail	སེ་ར་ (རྒྱབ་པ་)
2.	Humidity	རློན་ཚ་
3.	Ice	འཁྱགས་པ་(རྒྱབ་པ་)
4.	Rain	ཆར་པ་ (བཏང་བ་)
5.	Snow	གངས་ (བཏང་བ་)
6.	Storm	རླུང་འཚུབ་ (རྒྱབ་པ་)
7.	Wind	ལྷག་པ་ (རྒྱབ་པ་)

Daily Concerns: Phrases and Questions
1. *"I forgot my keys."* ངས་ལྡེ་མིག་བརྗེད་ཤག
2. *"I have a call."* ང་ལ་ཁ་པར་བསླེབ་སོང་ །
3. *"What time is it?"* ཆུ་ཚོད་ག་ཚོད་རེད་འདུག
4. *"It looks like rain."* ཆར་པ་གཏང་ས་རེད །
5. *"Today I'm going to Delhi."* ང་དེ་རིང་ང་ལྡི་ལི་འགྲོ་ཡ་ཡིན །

Daily Concerns

Natural Disasters / རང་བྱུང་གི་འཇིགས་པ་		
1.	Drought	ཐན་པ་ (རྒྱབ་)
2.	Earthquake	ས་གཡོ་ (རྒྱབ་)
3.	Wild Fire	མེ་སྐྱོན་ (ཤོར་)
4.	Flood	ཆུ་ལོག་ (རྒྱབ་)
5.	Landslide	ས་རུད་ (རྒྱབ་)
6.	Tornado / Hurricane	རླུང་འཁོར་ (རྒྱབ་)
7.	Blizzard	ཁ་བ་བུ་ཡུག་ (འཚུབ་)

Cardinal Directions / ཕྱོགས་		
1.	North	བྱང་ཕྱོགས་
2.	Northeast	བྱང་ཤར་
3.	East	ཤར་ཕྱོགས་
4.	Southeast	ཤར་ལྷོ་
5.	South	ལྷོ་ཕྱོགས་
6.	Southwest	ལྷོ་ནུབ་
7.	West	ནུབ་ཕྱོགས་
	Northwest	ནུབ་བྱང་

Colors / ཚོན་མདོག་		
1.	Blue	སྔོན་པོ་
2.	Red	དམར་པོ་
3.	Green	ལྗང་ཀུ་
4.	Yellow	སེར་པོ་
5.	Black	ནག་པོ་
6.	White	དཀར་པོ་
7.	Brown	སྨུག་པོ་

Textures / རེག་བྱ་		
1.	Wet	རློན་པ་
2.	Dry	སྐམ་པོ་
3.	Smooth	འཇམ་པོ་
4.	Rough	གྱོང་པོ་
5.	Hard	མཁྲེགས་པོ་
6.	Soft (to the touch)	སོབ་སོབ་
7.	Soft (spongy)	སྙི་མོ་

Daily Concerns: Phrases and Questions
1. *"South India is very beautiful."* རྒྱ་གར་ལྷོ་ཕྱོགས་ནི་ས་ཆ་དབེ་སྙིང་རྗེ་པོ་རེད།
2. *"I heard there was an earthquake in Tibet."* ངས་བོད་ནང་ས་ཡོམ་རྒྱབ་པ་གོ་སོང་།
3. *"All my things are wet."* ངའི་ཅ་ལག་ཚང་མ་རློན་པ་ཆགས་ཤག
4. *"What's your favorite color?"* ཁྱེད་རང་སྣང་བ་འགྲོ་ཤོས་ཀྱི་ཚོན་མདོག་དེ་ག་རེ་ཡིན།
5. *"This blanket is very soft."* ཉལ་ཆས་འདི་དབེ་འཇམ་པོ་འདུག

Daily Concerns

Measurements and Amounts / ཚད་འཇལ་	Measurements
1. Hot / ཚ་པོ་ + Cold / གྲང་མོ་	= Temperature / ཚ་གྲང་
2. Heavy / ལྗིད་པོ་ + Light / ཡང་པོ་	= Weight / ཡང་ལྗིད་
3. Tall / རིང་པོ་ + Short / ཐུང་ཐུང་	= Height / རིང་ཐུང་
4. Long / རིང་པོ་ + Short / ཐུང་ཐུང་	= Distance / རིང་ཐུང་
5. High / མཐོ་པོ་ + Low / དམའ་པོ་	= Height / མཐོ་དམའ་
6. Wide / གུ་ཡངས་པོ་ + Narrow / གུ་དོག་པོ་	= Width / རྒྱ་ཆེ་ཆུང་
7. Good / ཡག་པོ་ + Bad / སྡུག་ཅག་	= Quality / ཡག་སྡུག་
8. Big / ཆེན་པོ་ + Small / ཆུང་ཆུང་	= Size / ཆེ་ཆུང་

	Amounts / གྲངས་འབོར་	
1.	All	ཚང་མ་
2.	None	གཅིག་ཡང་མེད་
3.	A few	ཁ་ཤས་
4.	A lot / Many	མང་པོ་
5.	A little	ཉུང་ཉུང་
6.	More	མང་བ་
7.	Less	ཉུང་བ་
8.	Enough	འགྲིག་སོང་
9.	Kilo / Liter	རྒྱ་མ་

	Amounts	
1.	A bite	ཁ་གང་ *(Mouth full)*
2.	A cup	ཕོར་པ་གཅིག་
3.	A dozen	Dozen གཅིག་
4.	A piece	ཆ་ཤས་གཅིག་
5.	A sip	འཇིབས་ཐེངས་གཅིག་
6.	A spoonful	ཐུར་མ་གཅིག་
7.	A stack	ཆག་པ་གཅིག་
8.	Empty / Empty bowl	སྟོང་པ་ / ཕོར་པ་སྟོང་པ་
9.	Full / Bowl Full	གང་བ་ / ཕོར་པ་གང་བ་

Family / ནང་མི་

Family Members / ནང་མི་གྲངས་ཀ་		
1.	Parents	ཕ་མ་
2.	Father	པ་ལགས་
3.	Mother	ཨ་མ་ལགས་
4.	Older brother	ཇོ་ཇོ་ལགས་
5.	Younger brother	འོག་མ་སྤུན་མཆེད་བུ་
6.	Older sister	ཨ་ཅག་ལགས་
7.	Younger sister	འོག་མ་སྤུན་མཆེད་བུ་མོ་

Family Members		
1.	Grandfather	པོ་ལགས་
2.	Grandmother	རྨོ་ལགས་
3.	Uncle *(Father's side)*	ཨ་ཞང་
4.	Uncle *(Mother's side)*	ཨ་ཁུ་
5.	Aunt *(Father's side)*	ཨ་ནེ་
6.	Aunt *(Mother's side)*	ཨ་སྲུ་
7.	Relative	སྤུན་མཆེད་ *(pun-gya)*

Family Members		
1.	Husband	ཁྱོ་ག་
2.	Wife	སྐྱེས་དམན་
3.	Son	བུ་
4.	Daughter	བུ་མོ་
5.	Cousin	སྤུན་མཆེད་
6.	Step Father	ཕ་ཚབ་
7.	Step Mother	མ་ཚབ་

Family Members		
1.	Son in law	མག་པ་
2.	Daughter in law	མནའ་མ་
3.	Nephew	ཚ་བོ་
4.	Niece	ཚ་མོ་
5.	Nanny	མ་མ་
6.	Marriage	ཆང་ས་ (རྒྱབ་)
7.	Relationship	འབྲེལ་བ་

Family: Phrases and Questions
1. *"I have many relatives in Delhi."* ང་ལ་ལྡི་ལི་ལ་སྤུན་མཆེད་མང་པོ་ཡོད །
2. *"I have a wonderful family."* ང་ལ་ནང་མི་དཔེ་ཡག་པོ་ཡོད །
3. *"Tell me about your family."* ཁྱེད་རང་གི་ནང་མི་སྐོར་བཤད་དང་ །
4. *"Do you miss your family?"* ཁྱེད་རང་གིས་ནང་མི་དྲན་གི་འདུག་པས །
5. *"How many members are in your family?"* ཁྱེད་རང་ལ་ནང་མི་ག་ཚོད་ཡོད །

Coming and Going / ཡོང་བ་དང་འགྲོ་བ་

Destinations / འགྲོ་ས་		
1.	Bank	དངུལ་ཁང་
2.	Tea shop	ཇ་ཁང་
3.	Government office	གཞུང་གི་ལས་ཁུངས་
4.	Hotel	མགྲོན་ཁང་
5.	Post Office	སྦྲགས་ཁང་
6.	Restaurant	ཟ་ཁང་
7.	School	སློབ་གྲྭ་

Destination		
1.	Barbers	སྐྲ་གཞར་ཁང་
2.	Game (sports) place	རྩེད་མོ་རྩེ་ས་
3.	Hospital	སྨན་ཁང་
4.	Library	དཔེ་མཛོད་ཁང་
5.	Office	ལས་ཁུངས་
6.	Movies	གློག་བརྙན་ཁང་
7.	Museum	འགྲེམས་སྟོན་ཁང་

Places / ས་ཆ་		
1.	Area	ས་གནས་
2.	Capital	རྒྱལ་ས་
3.	City	གྲོང་ཁྱེར་
4.	Country	ལུང་པ་
5.	State	མངའ་སྡེ་
6.	Town	གྲོང་གསེབ་
7.	Village	གྲོང་སྡེ་

Places		
1.	Beach	རྒྱ་མཚོ་ཁ་
2.	Cave	བྲག་ཕུག་
3.	Desert	བྱེ་ཐང་
4.	Farm	ཞིང་ཁ་
5.	Forest	ཤིང་ནགས་
6.	Grass lands	རྩྭ་ཐང་
7.	Mountains	རི་

Asian Countries / ཨེ་ཤེ་ཡའི་ལུང་པ་		
1.	Bhutan	འབྲུག་ཡུལ་
2.	China	རྒྱ་ནག་
3.	India	རྒྱ་གར་
4.	Mongolia	སོག་ཡུལ་
5.	Nepal	བལ་ཡུལ་
6.	Russia	ཨུ་རུ་སུ་
7.	Tibet	བོད་

Western Countries / ནུབ་ཕྱོགས་ལུང་པ་		
1.	America	ཨ་རི་
2.	Australia	*(Same as in English)*
3.	England	དབྱིན་ཇི་
4.	France	*(Same as in English)*
5.	Germany	*(Same as in English)*
6.	Italy	*(Same as in English)*
7.	Spain	*(Same as in English)*

Coming and Going

Coming/Going Verbs	Present	Past	Future	Imperative
1. to **Go**	འགྲོ་བ་	ཕྱིན་པ་	འགྲོ་བ་	འགྲོ་
"Where are you going?" ཁྱེད་རང་ག་པར་འགྲོ་གི་ཡོད། *"I'm going for a walk."* ང་འཆམ་འཆམ་འགྲོ་གི་ཡོད།				
2. to **Go** (*Honorific*)	ཕེབས་པ་			
"Where are you going?" ཁྱེད་རང་ག་པར་ཕེབས་གི་ཡོད། *"I'm going for a walk."* ང་འཆམ་འཆམ་འགྲོ་གི་ཡོད།				
3. to **Come from**	ཡོང་བ་			
"Where are you coming from?" ཁྱེད་རང་ག་པ་ནས་ཡོང་བ་ཡིན། *"From the store."* ཚོང་ཁང་ནས་ཡོང་བ་ཡིན།				
4. to **Come from** (*Honorific*)	ཕེབས་པ་			
"Where are you coming from?" ཁྱེད་རང་ག་པ་ནས་ཕེབས་པ་ཡིན། *"From the store."* ཚོང་ཁང་ནས་ཡོང་བ་ཡིན།				
5. to **Arrive**	སླེབ་པ་			
"He's arriving today." ཁོ་དེ་རིང་སླེབས་ཡ་རེད།				
6. to **Return**	ལོག་པ་			
"She returned to her home." མོ་རང་ནང་ལ་ལོག་སོང་།				
7. to **Come back**	ཚུར་ཡོང་བ་			
"When are you coming back?" ཁྱེད་རང་ག་དུས་ཚུར་ཡོང་གི་ཡིན།				

Coming and Going: Phrases and Questions
1. *"Are you ready?"* ཁྱེད་རང་འགྲོ་ཚོག་ཚོག་ཡིན་པས།
2. *"I'll come after drinking this tea."* ང་ཇ་འཐུང་ནས་ཡོང་ཡ་ཡིན།
3. *"Its lunch time."* ཉིན་གུང་ཁ་ལག་ཟ་རན་སོང་།
4. *"Be careful."* གཟབ་གཟབ་བྱས་ཨ། *(Also: Safe travels)*
5. *"Call me when you arrive."* ཁྱེད་རང་བསླེབས་པའི་རྗེས་ལ་ང་ལ་ཁ་པར་བཏང་ཤོག

People / མི་

People / མི་		
1.	Old Man / Old Woman	རྒས་འཁོགས་
2.	Man	ཕོ་
3.	Woman	མོ་
4.	Boy	བུ་
5.	Girl	བུ་མོ་
6.	Child	བུ་གུ་
7.	Baby	བུ་གུ་དམར་འབྱར་

People		
1.	Friend *(Male)*	གྲོགས་པོ་
2.	Friend *(Female)*	གྲོགས་མོ་
3.	Enemy	དགྲ་བོ་
4.	Classmate	འཛིན་གྲྭ་གཅིག་པ་
5.	Companion	རོགས་པ་
6.	Neighbor	ཁྱིམ་མཚེས་
7.	Roommate	ཤག་རོགས་

Appearance / རྣམ་པ		Opposites		
1.	Beautiful *(women)*	སྙིང་རྗེ་པོ་	Ugly	མདོག་ངན་པོ་
2.	Cute *(child)*	ཤ་ཚ་པོ་	Ugly	མདོག་ངན་པོ་
3.	Handsome *(men)*	རྗིག་པོ་	Ugly	མདོག་ངན་པོ་
4.	Fat	རྒྱགས་པ་	Thin	ཤ་སྐམ་པོ་
5.	Old	རྒས་འཁོགས་	Young	གཞོན་པ་
6.	Strong	ཤུགས་ཆེན་པོ་	weak	གཟུགས་པོ་སྐྱོ་པོ་
7.	Tall	རིང་པོ་	Short	ཐུང་ཐུང་

Emotions / སེམས་ཚོར་		
1.	Anger	ཁོང་ཁྲོ་
2.	Anxiety	ཚ་གེ་ཚིག་གེ་
3.	Contempt	མཐོང་ཆུང་
4.	Disgust	སྐྱུག་བྲོ་པོ་
5.	Fear	ཞེད་སྣང་
6.	Grief	སེམས་སྡུག་
7.	Guilt	འགྱོད་པ་

Emotions		
1.	Happiness	བདེ་སྐྱིད་
2.	Hatred	ཞེ་སྡང་
3.	Jealousy	ཕྲག་དོག་
4.	Love	བརྩེ་བ་
5.	Sadness	སེམས་སྐྱོ་པོ་
6.	Surprise	ཧ་སང་ཡ་
7.	Trust	ཡིད་ཆེས་

People

	Personality / གཤིས་ཀ་		Opposites	
1.	Always Happy	སྣང་བ་སྐྱིད་པོ་	Moody	དགའ་སྡུག་ཚ་པོ་
2.	Brave	སློ་ཁོག་ཆེན་པོ་	Cowardly	སློ་ཁོག་ཆུང་ཆུང་
3.	Calm	ལྷོད་ལྷོད་	Nervous	ཚག་གེ་ཚི་གེ་
4.	Confident	གདེང་ཚོད་	Shy	ངོ་ཚ་ཆུང་ཆུང་
5.	Diligent	སྡུག་རུས་ཚ་པོ་	Lazy	ལེ་ལོ་ཚ་པོ་
6.	Easy Going	སྐབས་བདེ་པོ་	Bossy	དབང་ཡོད་ཚ་པོ་
7.	Friendly	ཁ་གསང་པོ་	Unfriendly	ཁ་དཀོན་པོ་

	Personality		Opposites	
1.	Funny	དགོད་མོ་སློང་ཉན་	Serious	ངོ་གནག་པོ་
2.	Generous	ལག་པ་ཡངས་པོ་	Greedy	སེར་སྣ་ཚ་པོ་
3.	Honest	དྲང་པོ་	Dishonest	དྲང་པོ་མེད་པ་
4.	Humble	ཉམས་ཆུང་	Arrogant	ང་རྒྱལ་ཚ་པོ་
5.	Kind	སེམས་པ་བཟང་པོ་	Mean	སེམས་གནག་པོ་
6.	Normal	ནམ་རྒྱུན་	Strange	ཁྱད་མཚར་ *(ken-tsar)*
7.	Patient	ཁོག་པ་ཆེན་པོ་	Irritable	རླུང་ཚ་པོ་

	Personality		Opposites	
1.	Peaceful	ཞི་འཇམ་པོ་	Aggressive	སྤྱོད་པ་རྩུབ་པོ་
2.	Polite	ཡ་རབས་	Rude	མ་རབས་
3.	Rich	ཕྱུག་པོ་	Poor	སྐྱོ་པོ་
4.	Smart	སྤྱང་པོ་	Stupid	ལྐུགས་པ
5.	Thoughtful	ལྷག་བསམ་རྣམ་དག་	Selfish	རང་འདོད་ཚ་པོ་
6.	Trouble maker	རྟོག་དྲ་བཟོ་མཁན་	Well behaved	འཇམ་པོ་
7.	Warm	བྱམས་བརྩེ་ཅན་	Cold	སྣང་མེད་ཚ་པོ་

People

Character Verbs	Present	Past	Future	Imperative
1. to **Complement**		བསྟོད་ར་(བཏང་བ་)		
"He complemented my teacher." ཁོས་ངའི་དགེ་ལགས་ལ་བསྟོད་ར་བཏང་སོང་ །				
2. to **Encourage**	སེམས་ཤུགས་སྤྲར་			
"My teacher encourages me." ངའི་དགེ་ལགས་གིས་ང་ལ་སེམས་ཤུགས་སྤྲར་གི་ཡོད་རེད །				
3. to **Ignore**	ཁ་ཡ་(མ་བྱས་)			
"I ignore trouble makers." ངས་རྙོག་དྲ་བཟོ་མཁན་ལ་ཁ་ཡ་བྱེད་གི་མེད །				
4. to **Insult**		ཚོགས་གཏོར་(བཏང་)		
"The Shopkeeper insulted me." ཚོང་པ་དེས་ང་ལ་ཚོགས་གཏོར་བཏང་སོང་ །				
5. to **Joke**	ཁ་མཆར་བཤད་པ་			ཤོད་
"He loves to joke." ཁོ་ཁ་མཆར་བཤད་ཡ་ལ་དཔེ་དགའ་པོ་ཡོད་རེད །				
6. to **Judge**		དམོད་ར་(བཏང་)		
"Don't judge others." མི་གཞན་པ་ལ་དམོད་ར་མ་བཏང་ །				
7. to **Tease**	ཀྱལ་ཀྱལ་(བྱེད་པ་) *(Kya-kya)*			
"Don't tease me." ང་ལ་ཀྱལ་ཀྱལ་མ་བྱས །				

People: Feelings / སེམས་ཚོར་		Opposites	
1. Alert / Fresh	སྤྲུང་པོ་	Sleepy	གཉིད་བྲོ་བ་
2. Comfortable	སྐབས་བདེ་པོ་	Nervous	ཚ་གི་ཚིག་གི་
3. Confident	གདེང་ཚོད་	Worried	སེམས་ཁྲལ་
4. Energetic	ཧུར་པོ་	Tired	ཐང་ཆད་པ་
5. Fear	ཞེད་སྣང་	Safe	ཉེན་ཀ་མེད་པ་
6. Interested	སྣང་བ་འགྲོ་པོ་	Bored	ཉོབ་ཏོ་
7. Satisfied	ཚོག་ཤེས་པ་	Wanting	འདོད་པ་ཚ་པོ་

People

Sense Objects / དབང་པོའི་ཡུལ་		
1.	Visual form	གཟུགས་
2.	Sound	སྒྲ་
3.	Odor	དྲི་
4.	Taste	རོ་
5.	Tactile Sensation	རེག་བྱ་

Sense Organs / དབང་པོ་		
1.	Eye	མིག་
2.	Ear	ཨ་མཆོག་
3.	Nose	སྣ་ཁུང་
4.	Tongue	ལྕེ་ལེབ་
5.	Skin	པགས་པ་

Shapes /བཟོ་ལྟ་		
1.	Flat	ལེབ་ལེབ་
2.	Hallow	ལྒང་ཤུག་
3.	Oval	འཇོང་འཇོང་
4.	Rectangle	གྲུ་བཞི་ནར་མོ་
5.	Round	གོར་གོར་
6.	Square	གྲུ་བཞི་
7.	Triangle	ཟུར་གསུམ་

Colors / ཚོན་མདོག་		
1.	Black	ནག་པོ་
2.	Blue	སྔོན་པོ་
3.	Brown	སྨིག་པོ་
4.	Green	ལྗང་གུ་
5.	Red	དམར་པོ་
6.	White	དཀར་པོ་
7.	Yellow	སེར་པོ་

Tastes / བྲོ་བ་		
1.	Awful	ཞིམ་པོ་མི་འདུག་
2.	Bitter	ཁ་དིག་
3.	Delicious	ཞིམ་པོ་
4.	Salty	ཚ་གར་
5.	Sour	སྐྱུར་མོ་
6.	Spicy	ཁ་ཚ་པོ་
7.	Sweet	མངར་མོ་

Tactile Sensations / རེག་བྱའི་སྐྱེ་མཆེད་		
1.	Dry	སྐམ་པོ་
2.	Hard	མཁྲེགས་པོ་
3.	Rough	གྱོང་པོ་
4.	Smooth	མཉེན་པོ་
5.	Soft (to the touch)	འཇམ་པོ་
6.	Soft (spongy)	སྙི་མོ་
7.	Wet	བརློན་པ་

People

	Sense Verbs		Present	Past	Future	Imperative
1.	**Sight**	to **See**	མཐོང་བ་			
		to **Watch**	ལྟ་བ་			
	"I saw your mother." ངས་ཁྱེད་རང་ཨ་མ་ལགས་མཐོང་སོང་། *"I watched a movie."* ངས་གློག་བརྙན་ཞིག་བལྟས་པ་ཡིན།					
2.	**Hearing**	to **Hear**	གོ་བ་			
		to **Listen**	ཉན་པ་			ཉོན་
	"I heard the bell." ངས་ཏིག་ཏིག་གོ་སོང་། *"I listen to the radio."* ངས་རླུང་འཕྲིན་ལ་ཉན་གི་ཡོད།					
3.	**Smell**	to **Smell**	སྣོམ་པ་			
	"Smell (the smell) of this flower." མེ་ཏོག་ལ་དྲི་མ་སྣོམས་དང་།					
4.	**Taste**	to **Taste**	*There is no word in 'spoken' Tibetan for this sense.*			
	Momo flavor taste do Usually said: *"Taste these momos."* མོག་མོག་བྲོ་བ་ལྟ་དང་།					
5.	**Tactile Sensation**	to **Feel**	*There is no word in 'spoken' Tibetan for this sense.*			
	Table the smooth is Usually said: *"The table is smooth."* ཅོག་ཙེ་དེ་འཇམ་པོ་འདུག					

People's Senses: Phrases and Questions
1. *"I saw an accident today."* ངས་དེ་རིང་མོ་ཊ་གདུང་ཁ་རྒྱབ་པ་མཐོང་སོང་།
2. *"Did you watch the news?"* ཁྱེད་རང་གསར་འགྱུར་བལྟས་པས།
3. *"I heard there is no class today."* ངས་དེ་རིང་འཛིན་གྲྭ་མེད་པ་གོ་སོང་།
4. *"I listen well in class."* ངས་འཛིན་གྲྭ་ལ་ཡག་པོ་ཉན་གི་ཡོད།
5. *"This tea tastes strange."* ཇ་འདི་བྲོ་བ་ཁྱད་མཚར་འདུག

People

Parts of the Face / གདོང་གི་ཆ་ཤས །		
1.	Forehead	དཔལ་གོག་ *(pay-kok)*
2.	Eyes	མིག་
3.	Nose	སྣ་ཁུང་
4.	Ears	ཨ་ཅོག་
5.	Mouth	ཁ་
6.	Chin	མ་ནེ་
7.	Cheeks	མཁུར་མཚེས་

Parts of the Face		
1.	Lips	མཆུ་ཏོ་
2.	Teeth	སོ་
3.	Tongue	ལྕེ་ལེབ་
4.	Nostrils	སྣ་ཁུང་ནང་ལ་
5.	Hair *(on head)*	སྐྲ་
6.	Mustache	ཨ་ར་
7.	Beard	རྒྱ་

Parts of the Body / གཟུགས་པོའི་ཆ་ཤས །		
1.	Head	མགོ་
2.	Throat	མིད་པ་
3.	Chest	བང་གོག་
4.	Stomach	གྲོད་གོག་
5.	Groin	ལྟོ་བ་
6.	Back	རྒྱབ་
7.	Butt	རྐུབ་

Parts of the Body		
1.	Arm	དཔུང་པ་
2.	Hand	ལག་པ་
3.	Fingers	མཛུ་གུ་
4.	Palm	ལག་མཐིལ་
5.	Legs	རྐང་པ་
6.	Foot	རྐང་པ་
7.	Toes	རྐང་པའི་མཛུ་གུ་

Body Organs / དོན་སྣོད་		
1.	Brain	ཀླད་པ་
2.	Heart	སྙིང་
3.	Stomach	གྲོད་གོག་
4.	Kidney	མཁལ་མ་
5.	Penis	འཇེ་
6.	Vagina	སྟུ་
7.	Anus	རྐུབ་ཨི་ཁུང་

Body Misc..		
1.	Skin	པགས་པ་
2.	Bone	རུས་གོག་
3.	Blood	ཁྲག་
4.	Finger nails	སེན་མོ་
5.	Joints	ཚིགས་
6.	Body hair	སྤུ་
7.	Veins	རྩ་

People

Bodily Action Verbs	Present	Past	Future	Imperative
1. to **Bite**	སོ་(རྒྱབ་)			
2. to **Hit/slap**	ཐལ་ལྕགས་བཞུ་པ་			
3. to **Kick**	རྡོག་འཛའ་བཞུ་པ་			
4. to **Punch**	མོ་འཛོར་གཞུ་བ་			
5. to **Rub**		འཕུར་འཕུར་(བཏང་)		
6. to **Scratch**	སྦྲ་ཤེད་(རྒྱབ་པ་)			
7. to **Squeeze**	བཙིར་			

Bodily Action Verbs	Present	Past	Future	Imperative
1. to **Fight**	འཁྲིགས་པ་(རྒྱབ་པ་)			
2. to **Hug**	འཐམ་པ་			
3. to **Kiss**	འོ་སྐྱེལ་བ་			
4. to **Laugh**	དགོད་མོ་ཤོར་བ་			
5. to **Lick**	ལྡག་པ་			
6. to **Massage**		འཕུར་མཉེད་(བཏང་བ་)		
7. to **Quarrel**	ཁ་འཛིང་ཤོར་བ་			

Bodily Action Verbs	Present	Past	Future	Imperative
1. to **Kneel**	པུས་མོ་བཙུགས			
2. to **Lay down**	ཉལ་བ་			
3. to **Lean against**	ཉལ་བ་			
4. to **Push**	འབུད་པ་			
5. to **Sit down**		བསྡད་པ་		སྡོད་
6. to **Stand up**	ལང་པ་			
7. to **Squat**	ཙོག་འདུག་(བྱེད་པ་)			

People

Bodily Function Verbs	Present	Past	Future	Imperative
1. to **Bleed**		ཁྲག་བཏོན་		
2. to **Breath**		དབུགས་བཏང་བ་		
3. to **Burp**	སྒྲེགས་པ་(རྒྱབ་པ་)			
4. to **Choke**	དབུགས་སུབ་ཐེབས་པ་			
5. to **Cough**	གློ་(རྒྱབ་པ་)			
6. to **Cry**	ངུ་བ་			
7. to **Fart**		རྔུག་དྲི་(བཏང་བ་)		

Bodily Function Verbs	Present	Past	Future	Imparitive
1. to **Have Sex**	ལུས་འབྲེལ་(བྱེད་པ་)			
2. to **Hiccup**	ཨི་ཀ་(རྒྱབ་པ་)			
3. to **Pee**		གཅིན་པ་(བཏང་བ་)		
4. to **Poop**		བཙོག་པ་(བཏང་བ་)		
5. to **Sneeze**	ཧབ་སྒྲིག་(རྒྱབ་པ་)			
6. to **Swallow**	མར་མིད་པ་			
7. to **Sweat**	རྔུལ་ནག་(རྒྱབ་པ་)			

Bodily Functions: Phrases and Questions
1. *"It's difficult to sit for a long time."* རྒྱུན་རིང་བསྡད་ཡ་དཀའ་ལས་ཁག་པོ་འདུག
2. *"Does your dog bite?"* ཁྱེད་རང་གི་ཁྱིས་སོ་རྒྱབ་རེད་པས །
3. *"I sweat so much in India."* རྒྱ་གར་ནང་ང་རྔུལ་ནག་མང་པོ་རྒྱབ་གི་འདུག
4. *"Is it O.K. if I hug you?"* ང་ཁྱེད་རང་ལ་འཐམ་ན་འགྲིག་གི་རེད་པས །
5. *"My family is always quailing."* ངའི་ནང་མི་ཚོ་ཉི་མ་རྟག་པ་ཁ་རྙོད་རྒྱབ་གི་རེད །

Travel / ཕྱོགས་བསྐྱོད་

Transportation / འགྲུལ་འཁོར་		
1.	Airplane	གནམ་གྲུ་
2.	Bicycle	རྐང་སྒྲ་རི་
3.	Bus	སྤྱི་ སྤྱོད་རླངས་འཁོར་
4.	Car	མོ་ཊ་
5.	Motorcycle	རྡག་རྡག་
6.	Taxi	རླ་འཁོར་
7.	Train	མེ་འཁོར་

Transportation		
1.	Airport	གནམ་ཐང་
2.	Intersection	ལམ་མདོ་
3.	Road	ལམ་ག་
4.	Station	བབ་ཚིགས་
5.	Traffic jam	མོ་ཊ་འཚང་ཁ་ཟེབས་
6.	Train platform	མེ་འཁོར་བབ་སྟེགས་
7.	Trip	ལྷ་སྐོར་

Directions / ཁ་ཕྱོགས་		
1.	Right	གཡས་
2.	Left	གཡོན་
3.	Straight ahead	ཁ་ཐུག་
4.	Stop	བཀག་
5.	Across	ཕ་ཕྱོགས་
6.	Slow down	ག་ལེར་(བྱས་)
7.	Go faster	མགྱོགས་པོ་(བྱས་)

Miscellaneous		
1.	Kilometer	ལེ་དབར་
2.	Map	ས་བཀྲ་
3.	Passport	ལག་འཁྱེར་
4.	Speed	མགྱོགས་ཚད་
5.	Train/Bus Stops	བཀག་ཚིགས་
6.	Ticket	འཛིན་ཤོག་
7.	Train Car	འཁོར་སྣམ་

	Travel Verbs	Present	Past	Future	Imperative
1.	to **Fly**	འཕུར་བ་			
2.	to **Drive** a car		བཏང་ནས་		
3.	to **Ride** *(in a car)*	ནང་ལ་འགྲོ་བ་	ནང་ལ་ཕྱིན་པ་	ནང་ལ་འགྲོ་བ་	
4.	to **Drive** *(cycle/horse)*	ཞོན་ནས་			
5.	to **Ride** *(cycle/horse)*	ཞོན་ནས་			
6.	to **Take a** *(train/bus)*	མེ་འཁོར་ནང་ལ་			
7.	to **Travel**	འགྲོ་བ་	ཕྱིན་པ་	འགྲོ་བ་	

Restaurant / ཟ་ཁང་

Restaurant: Staff / ཟ་ཁང་ལས་བྱེད་		
1.	Owner	སྦྱིན་བདག་
2.	Manager	འགན་འཛིན་
3.	Waiter/Waitress	ཟ་ཁང་གཡོག་པོ་
4.	Check	དངུལ་འཛིན་
5.	Cook	མ་བྱིན་
6.	Menu	ཁ་ལག་ཐོ་
7.	Napkin	ལག་ཕྱིས་

Restaurant: Things / ཟ་ཁང་ཡོ་བྱད་		
1.	Plate	སྡེར་མ་
2.	Bowl	ཕོར་པ་
3.	Cup	དཀར་ཡོལ་
4.	Spoon	ཐུར་མ་
5.	Fork	ཐུར་མ་རྩེ་གསུམ་
6.	Knife	གྲི་
7.	Chopsticks	ཁོག་ཙེ *(Chinese)*

Meals / ལྟོ་དུས་		
1.	Breakfast	ཞོགས་ཇ་
2.	Lunch	ཉིན་གུང་ཁ་ལག་
3.	Dinner	དགོང་མདའ་ཁ་ལག་
4.	Desert	མངར་ཟས་
5.	Snack	ཞལ་ཏོག་
6.		
7.		

Types of Food / ཁ་ལག་རིགས་		
1.	Noodles	ཐུག་པ་
2.	Salad	གྲང་ཚལ་
3.	Soup	ཁུ་བ་
4.	Buffet	སྣ་འཛོམས་ཁ་ལག་
5.	Vegetarian	ཤ་མེད་ཁ་ལག་
6.	Non-Vegetarian	ཤ་ཡོད་ཁ་ལག་
7.	Street food	ལམ་ག་ཁ་ལག་

Breakfast / ཞོགས་ཇ་		
1.	Roasted barley flour	རྩམ་པ་
2.	Prepared barley dough	སྤག་
3.	Eggs	སྒོ་ང་
4.	Dried snack *(sweet)*	ཁམ་ཟས་
5.	Pancakes	ཀུ་ཏུ་བག་ལེབ་
6.	*(Rice)* Porridge	(འབྲས་) ཐུག་
7.	Tibetan Bread	བག་ལེབ་

Lunch and Dinner / ཉིན་གུང་དང་དགོང་མདའ་ཁ་ལག་		
1.	Dumplings	མོག་མོག་
2.	Meat dish	ཤ་སྲེག་
3.	Noodles *(long-round)*	ཐུག་པ་
4.	Noodles *(short-fat)*	འཐེན་ཐུག་
5.	Steamed rolls	དཀྲིས་མོག་
6.	Sweet rice	འབྲས་སིལ་
7.	Stuffed bread *(meat)*	ཤ་བག་ལེབ་

Restaurant

Meats / ཤ་		
1.	Beef	གླང་ཤ་
2.	Chicken	བྱ་ཤ་
3.	Dried meat	ཤ་སྐམ་
4.	Fish	ཉ་ཤ
5.	Goat meat / Sheep meat	ར་ཤ་ / ལུག་ཤ་
6.	Pork	ཕག་ཤ་
7.	Yak meat	གཡག་ཤ་

Vegetable / སྔོ་ཚལ་		
1.	Carrot	ལ་ཕུག་དམར་པོ་
2.	Cauliflower	མེ་ཏོག་པད་ཚལ་
3.	Greens	སྔོ་ཚལ་
4.	Onion	ཙོང་
5.	Potatoes	ཞོ་གོག་
6.	White radish	ལ་ཕུག་དཀར་པོ་
7.	Tomatoes	ཊེ་མ་ཊོ་

Fruit / ཤིང་ཏོག་		
1.	Apple	ཀུ་ཤུ་
2.	Banana	ཀེ་ལ་
3.	Grape	རྒུན་འབྲུམ་
4.	Lemon	ལེ་ཕུ་
5.	Mango	ཨམ་
6.	Orange	ཚ་ལུ་མ་
7.	Peach	ཁམ་བུ་

Grains / འབྲུ་རིགས་		
1.	Barley	ནས་
2.	Beans	སྲན་མ་
3.	Corn	མ་རྨོས་ལོ་ཏོག་
4.	Nuts	སྟར་ཀ་
5.	Rice	འབྲས་
6.	White wheat flour	གྲོ་ཞིབ་
7.	Whole wheat flour	ཨ་ཏ་ *(Hindi)*

Misc. / ཙག་ཅིག་		
1.	Butter	མར་
2.	Cheese	ཕྱུར་ར་
3.	Chilies and Hot sauce	སེ་པན་
4.	Egg	སྒོ་ང་
5.	Oil	སྣུམ་
6.	Salt	ཚྭ་
7.	Yogurt	ཞོ་

Drinks / བཏུང་ཡ་		
1.	Alcohol	ཨ་རག་
2.	Beer	ཆང་
3.	Plain (black) tea	ཇ་དངས་
4.	Butter tea	བོད་ཇ་
5.	Juice	ཤིང་ཏོག་ཁུ་བ་
6.	Milk	འོ་མ་
7.	Sweet milk tea	ཇ་མངར་མོ་

Restaurant

Restaurant Verbs	Present	Past	Future	Imperative
1. to **Bring / Give**	འཁེར་བ་			
"Bring me some momos." མོག་མོག་འཁེར་ཤོག				
2. to **Clean** *(the table)*	གཙང་མ་བཟོ་བ་			
"Please clean our table." ང་ཚོའི་ཅོག་ཙེ་གཙང་མ་བཟོ་རོགས །				
3. to **Drink**	འཐུང་བ་			
" I don't like Tibetan tea." ང་བོད་ཇ་ལ་དགའ་པོ་མེད །				
4. to **Eat**	ཟ་བ་	ཟས་པ་		
"I like to eat Tibetan food." ང་བོད་པའི་ཁ་ལག་ཟ་ཡ་ལ་དགའ་པོ་ཡོད །				
5. to **Pass / Give**	སྤྲོད་པ་			
"Please pass me the salt." ཚྭ་དེ་སྤྲོད་རོགས །				
6. to **Pour**	བླུག་པ་			
"Pour me some tea." ཇ་བླུགས་རོགས །				
7. to **Want**	དགོས་པ་			
"I want some momos." ང་ལ་མོག་མོག་དགོས་ཡོད །				

Restaurant: Phrases and Questions
1. "Have you finished (*drinking*) breakfast?" ཞོགས་ཇ་བཏུང་ཚར་ཡིན་པས །
2. "Are you hungry?" གྲོད་ཁོག་ལྟོགས་གི་འདུག་པས །
3. "I'm full." ང་གྲོད་ཁོག་རྒྱགས་སོང་ །
4. "Would you like some tea?" ཇ་དགོས་པས །
5. "Enjoy your food." བཞེས་ལག་མཉེས་པོ་གནང་རོགས །

Shopping / ཉོ་བཅའ་རྒྱབ་

Store Staff / ཚོང་ཁང་ལས་བྱེད་	
1. Manager	འགན་འཛིན་
2. Sales person	ཅ་ལག་བཙོང་མཁན་
3. Security guard	ཉེན་རྟོགས་པ་
4. Advisement	ཁྱབ་སྒྲགས་
5. Brand	ཚོང་་རྟགས་
6. Price	རིན་གོང་
7. Sale	གོང་བཅག་པ་

Stores	
1. Book store	དེབ་ཚོང་ཁང་
2. Clothing store	རས་ཆ་ཚོང་ཁང་
3. Computer store	གློག་ཀླད་ཚོང་ཁང་
4. Grocery store	ཁ་ལག་སྣ་འཛོམས་ཚོང་ཁང་
5. Mall	སྣ་འཛོམས་ཚོང་ཁང་
6. Market	ཁྲོམ་
7. Shop	ཚོང་ཁང་

Electronics / གློག་འཕྲུལ་རིགས་	
1. Camera	པར་ཆས་
2. Clock	ཆུ་ཚོད་
3. Computer	གློག་ཀླད་
4. Light	གློག་
5. Phone	ཁ་པར་
6. Radio	རླུང་འཕྲིན་
7. T.V.	བརྙན་འཕྲིན་

Entertainment / སྤྲོ་སྐྱིད་ཡོ་བྱད་	
1. Board games	རྩེད་ཆས་
2. Books	དེབ་
3. Movies	གློག་བརྙན་
4. Music	རོལ་ཆས་
5. Video games	གཟུགས་བརྙན་རྩེད་ཆས་
6.	
7.	

Clothes / དུག་སློག་	
1. Belt	སྐེ་རགས་
2. Coat	སྟོད་ཐུང་
3. Man and women dress	ཕྱུ་པ་
4. Hat	ཞྭ་མོ་
5. Pants	གོས་ཐུང་
6. Shirt	ཧུལ་ལེན་
7. Shoes	ལྷམ་གོག་

Clothes	
1. Button	སྒྲོག་གུ་
2. Jewelry	རྒྱན་ཆ་
3. Pocket	སྦ་ཁུག་
4. Shoulder bag	ཇོ་ལ་
5. Socks	རྐང་སུབ་
6. Umbrella	ཉི་གདུགས་
7. Zipper	ཚེ་རེ་

Shopping

Shopping Verbs	Present	Past	Future	Imperative
1. to **Buy**	ཉོ་བ་	ཉོས་པ་		
"Tenzin is buying a phone." བསྟན་འཛིན་གྱིས་ཁ་པར་གསར་པ་ཞིག་ཉོ་གི་འདུག				
2. to **Go Shopping**	ཉོ་བཅའ་(རྒྱབ་པ་)			
"I'm going shopping." ང་ཉོ་བཅའ་རྒྱབ་ས་འགྲོ་གི་ཡོད །				
3. to **Order**	མངག་པ་			
"I ordered a new phone." ངས་ཁ་པར་གསར་པ་ཞིག་མངགས་པ་ཡིན །				
4. to **Pickup**	ལེན་པ་			
"Can you pickup my new phone?" ཁྱེད་རང་གིས་ངའི་ཁ་པར་གསར་པ་དེ་ལེན་ཐུབ་ས་རེད་པས །				
5. to **Return**	ཕར་སློག་པ་			
"I want to return this phone." ངས་ཁ་པར་འདི་ཕར་བསློག་དགོས་ཡོད །				
6. to **Sell**		བཙོང་བ་		
"Do you sell new phones?" ཁྱེད་རང་གི་ཁ་པར་གསར་པ་དེ་བཙོང་གི་ཡིན་པས །				
7. to **Take**	འཁེར་བ་			
"I will take my phone with me." ངས་ཁ་པར་ངའི་མཉམ་དུ་འཁེར་ཡ་ཡིན །				

Shopping: Phrases and Questions
1. *"Why are you going to the store?"* ཁྱེད་རང་ག་རེ་བྱས་ནས་ཚོང་ཁང་ལ་འགྲོ་གི་ཡོད །
2. *"What store are you going to?"* ཁྱེད་རང་ག་གི་ཚོང་ཁང་ལ་འགྲོ་གི་ཡོད །
3. *"Who are you going to the store with?"* སུ་ཁྱེད་རང་མཉམ་དུ་ཚོང་ཁང་ལ་འགྲོ་གི་ཡོད །
4. *"I need to go to the bank."* ང་དངུལ་ཁང་ལ་འགྲོ་དགོས་ཡོད །
5. *"I'm going to buy milk."* ང་འོ་མ་ཉོ་ག་འགྲོ་གི་ཡོད །

Work / ལས་ཀ་

Jobs / ལས་ཀ་		
1.	Farmer	ཞིང་པ་
2.	Government Official	གཞུང་གི་ལས་བྱེད་
3.	Office worker	ལས་ཁུངས་ལས་བྱེད་པ་
4.	Nomad	འབྲོག་པ་
5.	Secretary	དྲུང་ཡིག་
6.	Sales man	ཅ་ལག་བཙོང་མཁན་
7.	Shopkeeper	ཚོང་པ་

Jobs		
1.	Artist	རི་མོ་འབྲི་མཁན་
2.	Driver	ཁ་ལོ་བ་
3.	Journalist	གསར་འགོད་པ་
4.	Manager	འགན་འཛིན་
5.	Mechanic	མོ་ཊ་བཟོ་མཁན་
6.	Musician	རོལ་ཆ་གཏོང་མཁན་
7.	Scientist	ཚན་རིག་པ་

Tools / ལག་ཆ་		
1.	Axe	སྟ་རེ་
2.	Drill	ཨི་ཁུང་ཕུག་ཀྲེན་
3.	Hammer	ཐོ་བ་
4.	Paint	འདག་པ་
5.	Saw	སོག་ལེ་
6.	Scissors	འཇེབ་ཅེ་
7.	Screwdriver	སྐམ་པ་

Cleaning Items / ཙང་མ་བཟོ་ཡ་གི་ཅ་ལག་		
1.	Broom	ཕྱགས་མ་
2.	Brush	ཕག་ཟེ་
3.	Bucket	ཟུ་ཊེ་
4.	Hose	པ་ཡེ་པེ་
5.	Mop	ཨ་ཏྲ་ཕྱིས་བཟས་
6.	Rag	ཐབ་ཕྱིས་
7.	Trash can	གད་སྙིགས་ལྡུགས་ས་

	Work Verbs	Present	Past	Future	Imperative
1.	to **Clean**	གཙང་མ་བཟོ་བ་			
2.	to **Fix**	བཟོ་བཅོས་(རྒྱག་པ་)			
3.	to **Help**	རོགས་པ་(བྱེད་པ་)	རོགས་པ་(བྱས་པ་)		
4.	to **Make**	བཟོ་བ་	བཟོས་པ་		
5.	to **Sell**		བཙོང་བ་		
6.	to **Show**	མིག་སྟོན་པ་ (དང་)			
7.	to **Work**	ལས་ཀ་(བྱེད་པ་)			

Office / ལས་ཁུངས་

Office Staff / ལས་ཁུངས་ལས་བྱེད་པ་		
1.	Boss	མགོ་ཁྲིད་
2.	Manager	འགན་འཛིན་
3.	Secretary	དྲུང་ཡིག་
4.	Worker	ལས་བྱེད་པ་
5.	Job	ལས་ཀ་
6.	Work	ལས་ཀ་
7.	Department	སྡེ་ཚན་

Office Equipment / ལས་ཁུངས་ཡོ་བྱད་		
1.	Calculator	རྩིས་རྒྱག་བཟས་
2.	Chair	ཀུབ་བཀྱག་
3.	Copy machine	པར་སློག་རྒྱག་བཟས་
4.	Computer	གློག་ཀླད་
5.	Desk / Table	ཅོག་ཙེ་
6.	Internet	དྲྭ་རྒྱ་
7.	Phone	ཁ་པར་

Office Supplies / ལས་ཁུངས་མཁོ་ཆས་		
1.	Envelope	ཡིག་སྐོགས་
2.	Glue	སྦྱར་རྩི་
3.	Letter	ཡི་གེ་
4.	Paper	ཤོག་བུ་
5.	Pen	སྨྱུ་གུ་
6.	Pencil	ཞ་སྨྱུ་
7.	Rubber stamp	ཐེལ་ཙེ་

Office Misc…		
1.	Application	སྙན་ཞུ་
2.	Benefits	ཁེ་བཟང་
3.	*(Coffee)* Break	བར་གསེང་
4.	Monthly wage	ཟླ་ཕོགས་
5.	Seniority	རྒན་པ་
6.	Substitute	ཚབ་
7.	Uniform	སྒྲིག་ཆས་

Office Verbs	Present	Past	Future	Imperative
1. to **Apply** *(for work)*		ལས་ཀ་བཙལ་བ་		
2. to **Copy** *(photo copy)*	པར་སློག་(རྒྱབ་པ་)			
3. to **Mail**		ཡི་གེ་(བཏང་བ་)		
4. to **Research**		ཁོངས་བཙལ་བ་		
5. to **Supervise**	ལྟ་རྟོགས་ (བྱེད་པ)			
6. to **Take notes**	ཟིན་བྲིས་ (རྒྱབ་པ་)			
7. to **Type**	མཛུབ་མནོན་(རྒྱབ་པ་)			

School / སློབ་གྲྭ་

School Staff / སློབ་གྲྭའི་ལས་བྱེད་པ་		
1.	Principal	སློབ་སྤྱི་
2.	Teacher	དགེ་རྒན་
3.	Student	སློབ་ཕྲུག
4.	Classmate	འཛིན་གྲྭ་གཅིག་པ་
5.	Chalk	ས་སྨྱུ
6.	Eraser	གསུབ་བཟས་
7.	Blackboard	ནག་པང་

Books / དེབ་		
1.	Note book	བྲིས་དེབ་
2.	School book	སློབ་དེབ་
3.	Story book	སྒྲུང་དེབ་
4.	Document	ཡིག་ཆ་
5.	Dictionary	ཚིག་མཛོད་
6.	Magazine	དུས་དེབ་
7.	News paper	ཚགས་པར་

School Subjects / སློབ་ཚན་		
1.	History	ལོ་རྒྱུས་
2.	Language	སྐད་ཡིག་
3.	Math	ཨང་རྩིས་
4.	Religion	ཆོས་ལུགས་
5.	Science	ཚན་རིག་
6.		
7.		

Misc…		
1.	Ambition/Goal	དམིགས་ཡུལ་
2.	Class	འཛིན་གྲྭ་
3.	Class level	འཛིན་རིམ་
4.	Diploma	ལག་འཁྱེར་
5.	Exam	རྒྱུགས་སྤྲོད་
6.	Grades	བརྒྱ་ཆ་
7.	Punishment	ཉེས་ཆད་

	School Verbs	Present	Past	Future	Imperative
1.	to **Listen**	ཉན་པ་			ཉོན་
2.	to **Memorize**		བློ་ལ་ཟིན་པ་		
3.	to **Read**	ཀློག་པ་			
4.	to **Review**	བསྐྱར་སྦྱོང་(བྱེད་པ་)			
5.	to **Say**	ལབ་པ་			
6.	to **Study**	སློབ་སྦྱོང་(བྱེད་པ་)			
7.	to **Write**		བྲིས་པ་		

Home / ནང་

House Rooms / ཁང་མིག་		
1.	Basement	འོག་ཁང་
2.	Bath room	ཁྲུས་ཁང་
3.	Bed room	ཉལ་ཁང་
4.	Dining room	ཁ་ལག་ཟ་ས་
5.	Kitchen	ཐབ་ཚང་
6.	Living room	སྡོད་ཁང་
7.	Yard	ལྷགས་རི་

Parts of a Room / ཁང་མིག་གི་ཆ་ཤས་		
1.	Beam	གདུང་མ་
2.	Ceiling	གནམ་གཅལ་
3.	Door	སྒོ་
4.	Floor	ཞ་ལ་
5.	Roof	ཐོག་
6.	Wall	རྩིག་པ་
7.	Window	སྒེའུ་ཁུང་

Furnishings / ཁང་པའི་མཁོ་ཆས་		
1.	Chair	རྐུབ་བཀྱག་
2.	Couch	རྐུབ་བཀྱག་རིང་པོ་
3.	Fan	རླུང་འཁོར་
4.	Lamp	མཆོད་གློག་
5.	Mirror	ཤེལ་སྒོ་
6.	Rug	ས་གདན་
7.	Table	ཅོག་ཙེ་

Utilities		
1.	Air conditioning	གྲང་གློག་
2.	Gas	རླངས་རྫངས་
3.	Generator	སྐམ་གློག་
4.	Heater	ཚ་གློག་
5.	Power	གློག་
6.	Solar panel	ཉི་གློག་
7.	Water	ཆུ་

Household Items / ནང་ལ་གཉེར་ཡ་གི་ཅ་ལག་		
1.	Box	སྒམ་
2.	Camera	པར་ཆས་
3.	Photo	པར་
4.	Plastic Bottle	འབྲིག་དམ་
5.	Stick	རྒྱུག་པ་
6.	String	ཐག་པ་
7.	Wire	སྐུད་པ་

Household Items		
1.	Candle	ཡང་ལྷ་
2.	Electrical box	གློག་སྒམ་
3.	Electric cord	གློག་སྐུད་
4.	Flag	དར་ཆ་
5.	Light bulb	ཤེལ་དྲིག་
6.	Lock	སྒོ་ལྕགས་
7.	Switch	གློག་སྐུད་བཙུགས་ས་

Home

Bathroom Items / ཁྲུས་ཁང་ཡོ་བྱད་	
1. Hair brush	སྐྲ་ཤད་
2. Razor	སྐྲ་གྲི་
3. Soap	ཡེ་ཙི་
4. Toilet	གསང་སྤྱོད་
5. Tooth brush	སོ་བཀྲུ་
6. Tooth paste	སོ་སྨན་
7. Towel	ཨ་ཅོར་

Bedroom Items / ཉལ་ཁང་ཡོ་བྱད་	
1. Bed	ཉལ་ཁྲི་
2. Bed sheet	གདན་ཁེབས་
3. Blanket	ཉལ་ཆས་
4. Dresser	དུག་སློག་ལྷུགས་ས་
5. Mattress	ཉལ་གདན་
6. Pillow	སྔས་མགོ་
7. Shelves	བང་ཁྲི་

Bathroom Verbs	Present	Past	Future	Imperative
1. to **Brush hair**	སྐྲ་ཤེད་རྒྱབ་			
2. to **Brush teeth**		སོ་བཀྲུ་བ་		
3. to **Clip nails**		སེན་མོ་བཏུབ་པ་		
4. to **Dry off**		ལག་པ་ཕྱིས་པ་		
5. to **Put on makeup**	རྣམ་པ་བཟོ་བ་			
6. to **Shave**	སྦར་བ་			
7. to **Wash**		བཀྲུ་བ་		

Bedroom Verbs	Present	Past	Future	Imperative
1. to **Dream**		གཉིད་ལམ་(བཏང་བ་)		
2. to **Go to sleep**	ཉལ་ས་འགྲོ་བ་	ཉལ་ས་ཕྱིན་པ་	ཉལ་ས་འགྲོ་བ་	
3. to **Rest**	ཉལ་གསོ་(རྒྱབ་པ་)			
4. to **Sleep**	ཉལ་བ་			
5. to **Snore**	སྦུར་བ་(བྱེད་བ་)			
6. to **Wake up**	གཉིད་སད་པ་			
7.				

Kitchen / ཐབ་ཚང་

Kitchen Appliances / ཐབ་ཚང་གི་མཁོ་ཆས་		
1.	Chair	རྐུབ་བཀྱག་
2.	Cupboard	ཕོར་པ་བཞག་ས་
3.	Dishwasher	སྡེར་ཆས་བཀྲུ་བཟས་
4.	Refrigerator	འཁྱག་སྒམ་
5.	Sink	ཁྲུས་གཞོང་
6.	Stove	ཐབ་ཀ་
7.	Table	ཅོག་ཙེ་

Kitchen Items / ཐབ་ཚང་གི་མཁོ་ཆས་ཅག་ཅིག་		
1.	Chopping knife	བཏུབ་གྲི་
2.	Pan	ཚལ་སློང་
3.	Pot	ཧྭ་ཡང་
4.	Spatula	ལེབ་སྐྱོགས་
5.	Steaming pot	མོག་རྫེག་
6.	Tea kettle	ཁོག་ལྷེར་
7.	Thermos	ཇ་དམ་

	Cooking Verbs	Present	Past	Future	Imperative
1.	to **Boil**	སྐོལ་བ་			
2.	to **Cook / Make**	ཁ་ལག་བཟོ་བ་	ཁ་ལག་བཟོས་པ་	ཁ་ལག་བཟོ་པ་	
3.	to **Deep fry**		སྣུམ་སྲེག་(བཏང་བ་)		
4.	to **Finish**	ཚར་བ་(བྱེད་པ་)	ཚར་བ་བྱས་པ་		
5.	to **Fry**		བརྫོ་སྲེག་(བཏང་བ་)		
6.	to **Prepare**	གྲ་སྒྲིག་(བྱེད་པ་)	གྲ་སྒྲིག་བྱས་པ་		
7.	to **Steam**	རླངས་འཚོས་(རྒྱབ་པ་)			

	Preparing Verbs	Present	Past	Future	Imperative
1.	to **Bring** *(here)*	ཚུར་འཁྱེར་བ་			
2.	to **Chop/Cut**	གཏུབ་པ་			
3.	to **Knead**		བརྫིས་པ་		
4.	to **Peal**		བཤུས་པ་		
5.	to **Pour**	བླུག་པ་			
6.	to **Stir**	དཀྲུག་པ་			
7.	to **Take** *(there)*	ཕར་འཁྱེར་བ་			

Buddhism / ནང་ཆོས་

Monastery Staff / དགོན་པའི་ལས་བྱེད་		
1.	Abbot	མཁན་པོ་
2.	Chant master	དབུ་མཛད་
3.	Disciplinarian	དགེ་བསྐོས་
4.	Office manager	ཕྱག་མཛོད་
5.	Monk	གྲྭ་པ་
6.	Nun	ཨ་ནེ་
7.	Lay person	ཨ་བོ་མི་ནག་

Buddhist Titles / ནང་པའི་མཚན་གནས་		
1.	Dalai Lama	སྐྱབས་མགོན་རིན་པོ་ཆེ་
2.	Leader Gelugpa School	དགེ་ལྡན་ཁྲི་པ་
3.	Oracle	སྐུ་རྟེན་
4.	Geshe (Scholar)	དགེ་བཤེས་
5.	Rinpoche (Reincarnate)	སྤྲུལ་སྐུ་
6.	Lama (Teacher)	བླ་མ་
7.	Yogi	རྣལ་འབྱོར་པ་

Monastery Places / དགོན་པའི་ས་ཆ་		
1.	Debate grounds	ཆོས་རྭ་
2.	Gathering (puja) hall	འདུ་ཁང་
3.	Housing group	ཁང་ཚན་
4.	Protector room	མགོན་ཁང་
5.	Monks rooms	གྲྭ་ཤག་
6.	Retreat house	མཚམས་ཁང་
7.	Temple	ལྷ་ཁང་

Temple Items / ལྷ་ཁང་གི་ནང་རྟེན་		
1.	Altar	མཆོད་གཤམ་
2.	Butter sculptures	མར་ཚོན་མཆོད་པ་
3.	Cloth scroll painting	ཐང་ཀ་
4.	Mandala	དཀྱིལ་འཁོར་
5.	Offerings	མཆོད་པ་
6.	Statue	སྐུ་
7.	Throne	བཞུགས་ཁྲི་

Buddhist Beings / ནང་པའི་འདོད་པའི་འགྲོ་བ་		
1.	Bodhisattva	བྱང་ཆུབ་སེམས་དཔའ་
2.	Buddha	སངས་རྒྱས་
3.	Dakini	མཁའ་འགྲོ་མ་
4.	Deity	ཡི་དམ་
5.	Naga	ཀླུ་
6.	Protector	སྲུང་མ་
7.	Harmful spirit	འབྱུང་པོ་

Tibetan Buddhist Schools / བོད་ཀྱི་ཆོས་བརྒྱུད་		
1.	Bon	བོན་
2.	Gelug	དགེ་ལུགས་
3.	Kagyu	བཀའ་བརྒྱུད་
4.	Nying	རྙིང་མ་
5.	Sakya	ས་སྐྱ་
6.		
7.		

Buddhism

Buddhist Items / ནང་རྟེན་		
1.	Butter lamps	མཆོད་མེ་
2.	Incense	སྤོས་
3.	Mala	ཕྲེང་བ་
4.	Mantra	གཟུངས་སྔགས་
5.	Offering scarf	ཁ་བཏགས་
6.	Prayer wheel	འཁོར་ལོ་
7.	Statue	སྐུ་

Buddhist Items*...Continued*		
1.	Bell	དྲིལ་བུ་
2.	Cymbals	སིལ་སྙན་
3.	Vajra	རྡོར་རྗེ་
4.	Hand drum	ཌ་མ་རུ་
5.	Ritual offering cake	གཏོར་མ་
6.	Meditation cushion	གདན་
7.	Ritual dagger	ཕུར་པ་

Buddhism Verbs	Present	Past	Future	Imperative
1. to **Chant**	འདོན་པ་འདོན་པ་			
2. to **Gain merit**	དགེ་བ་སྒྲུབ་པ་			
3. to **Make offering**		ཡོན་ཆབ་ཕུལ		
4. to **Pray**	ཚོགས་འཚོགས་པ་			
5. to **Prostrate**	ཕྱག་འཚལ་བ་			
6. to **Recite mantras**	གཟུངས་སྔགས་འདོན་པ་			
7. to **Walk kora**	སྐོར་ར་(རྒྱབ་པ་)			

Buddhism: Phrases and Questions
1. *"Let's offer offering scarves to the deities."* ང་ཚོས་ཡི་དམ་ལ་ཁ་བཏགས་གཏོང་དང་ །
2. *"That statue of the Buddha is beautiful."* སངས་རྒྱས་སྐུ་དེ་སྙིང་རྗེ་པོ་འདུག
3. *"When does puja begin?"* ག་དུས་ཚོགས་འཚོགས་གི་རེད །
4. *"Are you going to offer some butter candles?"* ཁྱེད་རང་གིས་མཆོད་མེ་ཕུལ་ལ་ཡིན་པས །
5. *"Let's make a donation to the monastery."* ང་ཚོས་དགོན་པ་ལ་ཞལ་འདེབས་ཕུལ །

Doctor's Office / ཨེམ་ཆིའི་ལས་ཁུངས་

Doctor's Office / ཨེམ་ཆིའི་ལས་ཁུངས་		
1.	Hospital	སྨན་ཁང་
2.	Doctor	ཨེམ་ཆི་
3.	Nurse	ནད་གཡོག་
4.	Disease	ན་ཚ་
5.	Operation	གཤག་བཅོས་
6.	Pain	ན་ཚ་ (བཏང་བ་)
7.	Sick	ན་

Doctor Office		
1.	Contagious	འགོས་ནད་
2.	Examination	བརྟག་དཔྱད་
3.	Injection	ཁབ་
4.	Medicine	སྨན་
5.	Pharmacy	སྨན་བཙོང་ཁང་
6.	Treatment	སྨན་བཅོས་
7.	X-ray	གློག་པར་

Sicknesses / ན་ཚ་རིགས་		
1.	A Cold	ཆམ་པ་ན་བ་
2.	Allergies	ཡ་མ་ན་བ་
3.	Diarrhea	གྲོད་ཁོག་བཤལ་བ་
4.	Fever	ཚ་བ་
5.	Headache	མགོ་ན་བ་
6.	Stomachache	གྲོད་ཁོག་ན་བ་
7.	Toothache	སོ་ན་བ་

Injuries / རྨས་སྐྱོན་རིགས་		
1.	a Boil	ཉེན་འབུར་
2.	Broken bone	རུས་གོག་ཆག་པ་
3.	Burn	འཚིག་པ་
4.	Cut	གཤག་པ་
5.	Pimple	འབུར་རྡོལ་
6.	Sore / Abrasion	རྨ་
7.	Swollen	སྐྲང་པ་

Doctor's Office Verbs	Present	Past	Future	Imperative
1. to **Be sick**	ན་བ་			
2. to **Cough**	གློ་(རྒྱབ་པ་)			
3. to **Die**	གྲོངས་པ་			
4. to **Examine**	བརྟག་དཔྱད་(བྱེད་པ་)	བརྟག་དཔྱད་(བྱས་པ་)		
5. to **Get a shot**	ཁབ་(རྒྱབ་པ་)			
6. to **Recover**	དྲག་པ་			
7. to **Throw up**	སྐྱུག་པ་(རྒྱབ་པ་)			

Emergency / ཛ་དྲག་

Police / ཉེན་རྟོག་པ་		
1.	Crime	ཁྲིམས་འགལ་
2.	Dangerous	ཉེན་ཁ་ཆེན་པོ་
3.	Law	ཁྲིམས་
4.	Police	ཉེན་རྟོག་པ་
5.	Prison / Jail	བཙོན་ཁང་
6.	Punishment	ཉེས་ཆད་
7.	Ticket	ཆད་པ་

Criminal / ཉེས་ཅན་པ་		
1.	Bad Guy	མི་སྡུག་ཅག་
2.	Bully	བསྙས་རྐོ་མཁན་
3.	Cheater *(Money)*	ཁྲམ་པ་
4.	Mugger	ཇག་པ་
5.	Murder	མི་གསོད་མཁན་
6.	Rapist	བཙན་གཡེམ་གཏོང་མཁན་
7.	Thief	རྐུ་མ་

	Emergency Verbs	Present	Past	Future	Imperative
1.	to **Be arrested**	འཛུ་བ་			
2.	to **Beat**		ཉེས་བརྡུང་(བཏང་བ་)		
3.	to **Cheat**		མགོ་སྐོར་(བཏང་བ་)		
4.	to **Kill**	·	མི་བསད་པ་		
5.	to **Need help**	རོགས་པ་དགོས་པ་			
6.	to **Rape**		བཙན་གཡེམ་(བཏང་བ་)		
7.	to **Steel**	རྐུ་མ་(རྒྱབ་པ་)			

Emergency: Phrases and Questions
1. *"Help I need the police."* ཉེན་རྟོག་པ་སྐད་བཏང་རོགས། *(Call the police)*
2. *"Get help, there's a fire."* མེ་ཤོར་སོང་། རོགས་པ་བྱེད་རོགས།
3. *"Be careful that is a bad man."* གཟབ་གཟབ་བྱོས་དེ་མི་སྡུག་ཅག་རེད་ཤག
4. *"He's a criminal."* ཁོ་ཉེས་ཅན་པ་རེད།
5. *"Where is the police station?"* ཉེན་རྟོག་ལས་ཁུངས་ག་བ་ཡོད་རེད།

Activities / བྱ་བ་བྱེད་པ་

Activities / བྱ་བ་བྱེད་པ་		
1.	Camping	གླིང་ཁ་(བཏང་བ་)
2.	Cooking	ཁ་ལག་བཟོ་བ་
3.	Exercising	ལུས་རྩལ་སྦྱོང་བ་
4.	Fishing	ཉ་འཛུ་བ་
5.	Gardening	ལྡུམ་རྭ་བཟོ་བ་
6.	Hunting	རི་དྭགས་བཛོན་པ་
7.	Swimming	ཆུ་རྐྱལ་(རྐྱབ་པ་)

Activities...*Continued*		
1.	Boating	གྲུ་འཆམ་འགྲོ་བ་
2.	Cycling	རྐང་འཁོར་ཞོན་པ་
3.	Hobbies	དབྱིངས་ལས་རིགས་
4.	Jogging	རྒྱུག་ཤར་ལེན་པ་
5.	Organizing	ཚོགས་པ་བཙུགས་པ་
6.	Shopping	ཉོ་བཅའ་རྒྱག་པ་
7.	Volunteering	དང་བླངས་

Activity Verbs	Present	Past	Future	Imparitive
1. to **Dance**	ཞབས་བྲོ་འཁྲབ་པ་			
2. to **Exercise**		ལུས་རྩལ་སྦྱངས་པ་		
3. to **Play music**		རོལ་དབྱངས་(བཏང་བ་)		
4. to **Relax**	ཉལ་གསོ་(རྒྱབ་པ་)			
5. to **Throw a party**		སྤྲོ་སྐྱིད་(བཏང་བ་)		
6. to **Sing**		གཞས་(བཏང་བ་)		
7. to **Watch a movie**	གློག་བརྙན་ལྟ་བ་	གློག་བརྙན་བལྟས་པ་	གློག་བརྙན་བལྟ་བ་	གློག་བརྙན་ལྟོས་

Activities: Phrases and Questions
1. *"I love to garden."* ང་ལྡུམ་རྭ་བཟོ་ཡ་ལ་དགའ་པོ་ཡོད །
2. *What do you do for fun?"* ཁྱེད་རང་སྐྱིད་པོ་གཏོང་ཡ་ག་རེ་ལ་དགའ་པོ་ཡོད །
3. *"I try to exercise every day."* ངས་ཉི་མ་རྟག་པར་ལུས་རྩལ་སྦྱོང་ལ་འབད་བརྩོན་བྱེད་གི་ཡོད །
4. *"I love to watch Tibetan singing and dancing."* ང་བོད་པའི་གཞས་དང་ཞབས་བྲོ་ལྟ་ཡ་ལ་དགའ་པོ་ཡོད །
5. *"He makes wonderful music."* ཁོས་རོལ་དབྱངས་ཧ་སང་ཡ་གཏོང་གི་འདུག

Sports / རྩེད་མོ་

Sports / རྩེད་མོ་		
1.	Bat	རྒྱུག་པ་
2.	Ball	སྤོ་ལོ་
3.	Basketball	ལག་རྩེད་སྤོ་ལོ་
4.	Football	རྐང་རྩེད་སྤོ་ལོ་
5.	Volleyball	ལག་རྩེད་སྤོ་ལོ་
6.	Goal	སྒོ་
7.	Swimming Pool	རྫིང་བུ་

Sports		
1.	Coach	འགོ་འཛིན་
2.	Player	རྩེད་མོ་རྩེ་ཉན་
3.	Referee	རྩེད་དཔང་
4.	Team	ཚོགས་པ་
5.	Uniform	སྒྲིག་ཆས་
6.	Win	ཐོབ་པ་
7.	Lose	ཤོར་བ་

Sports Verbs		Present	Past	Future	Imparitive
1.	to **Dive**	འཕྱོ་བ་			
2.	to **Hit**		གཞུས་པ་		
3.	to **Kick**	རྡོག་(རྒྱུག་པ་)			
4.	to **Jump**	མཆོང་པ་			
5.	to **Run**	རྒྱུགས་གཤར་ལེན་པ་			
6.	to **Play**	རྩེད་མོ་རྩེ་བ་			
7.	to **Score**	ཐོབ་གྲངས་			

Sports: Phrases and Questions
1. *"Who's playing?" (Who against who)* རྩེད་མོ་རྩེ་ཉན་སུ་དང་སུ་རེད།
2. *"It almost went in."* ཧོ་ཅི་མིན་ནས་ལྷུགས་སོང་།
3. *"Your team stinks."* ཁྱེད་རང་གི་ཚོགས་པ་ཡག་པོ་མི་འདུག
4. *"I hope we win."* ང་ཚོ་ཐོབ་ཡ་གི་རེ་བ་ཡོད།
5. *"When is the game?"* རྩེད་མོ་ག་དུས་རེད།

Nature / རང་བྱུང་ཁམས་

Plants / རྩི་ཤིང་		
1.	Tree	ཤིང་སྡོང་
2.	Bush	ཤིང་ཕྲན་
3.	Grass	རྩྭ་
4.	Flower	མེ་ཏོག་
5.	Leaf	ལོ་མ་
6.	Branch	ཡལ་ག་
7.	Root	རྩ་བ་

Animals / སེམས་ཅན་		
1.	Bear	དོམ་
2.	Cat	ཞི་མི་
3.	Dog	ཁྱི་
4.	Goat	ར་
5.	Horse	རྟ་
6.	Mouse	ཙི་ཙི་
7.	Sheep	ལུག་

Birds / Insects / བྱ་དང་འབུ་		
1.	Ant	གྲོག་མ་
2.	Bee	སྦྲང་མ་
3.	Bird *(big)*	བྱ་
4.	Bird *(small)*	བྱེའུ་
5.	Mosquito	དུག་སྦྲང་
6.	Nest	བྱེའུ་ཚང་
7.	Vulture	བྱ་རྒོད་

Landscapes / ས་ཆའི་དབྱིབས་		
1.	Beach	རྒྱ་མཚོ་ཁ་
2.	Cave	བྲག་ཕུག་
3.	Desert	བྱེ་ཐང་
4.	Farm	ཞིང་ཁ་
5.	Forest	ཤིང་ནགས་
6.	Grass lands	རྩྭ་ཐང་
7.	Mountains	རི་

Materials / དངོས་པོ་		
1.	Clay	རྫ་མ་
2.	Glass	ཤེལ་
3.	Leather	ཀོ་བ་
4.	Metal	ལྕགས་
5.	Plastic	འབྲིག་
6.	Stone	རྡོ་
7.	Wood	ཤིང་

Elements / འབྱུང་བ་		
1.	Soil	ས་
2.	Water	ཆུ་
3.	Fire	མེ་
4.	Air	རླུང་
5.	Space	གནམ་མཁའ་
6.	Smoke	དུ་བ་
7.	Dust	ཐལ་ལ་

Useful Opposites

Common Opposites		Opposites	
1. Big	ཆེན་པོ།	Small / Little	ཆུང་ཆུང་།
2. Cheap	གོང་ཁེ་པོ།	Expensive	གོང་ཆེན་པོ།
3. Clean	གཙང་མ་	Dirty	བཙོག་པ་
4. Down	མར་	Up	ཡར་
6. Easy	ལས་སླ་པོ་	Difficult / Hard	དཀའ་ལས་ཁག་པོ་
7. Far	ཐང་རིང་པོ་	Near / Close	ཐང་ཉེ་པོ་
8. Fast	མགྱོགས་པོ་	Slow	ག་ལེར་
9. Full	གང་	Empty	སྟོང་པ་
10. Good	ཡག་པོ།	Bad	སྡུག་ཅག
11. Heavy	ལྗིད་གོག་ཚ་པོ་	Light	ཡང་པོ་
12. High	མཐོ་པོ་	Low	དམའ་པོ་
13. Hot	ཚ་པོ་	Cold	གྲང་མོ་
14. Inside	ནང་ལོགས་	Outside	ཕྱི་ལོགས་
15. Light	གསལ་པོ་	Dark	ནག་ཁུང་
16. Loud	སྐད་ཆེན་པོ་	Soft	སྐད་ཆུང་ཆུང་
17. Many	མང་པོ།	Few	ཉུང་ཉུང་།
18. New	གསར་པ།	Old	རྙིང་པ།
19. Right	འགྲིག་པ་	Wrong	ནོར་བ་
20. Safe / Stable	བརྟན་པོ་	Dangerous	ཉེན་ཁ་ཆེན་པོ་
21. Same	གཅིག་པ་	Different	ཁ་ཁ་
22. Single	གཅིག་པོ་	Married	ཆང་ས་རྒྱབ་ཚར་མཁན་
23. Soft	འཇམ་པོ་	Hard	མཁྲེགས་པོ་
24. True	དངོས་གནས་	False	རྫུ་མ་
25. Wet	རློན་པ་	Dry	སྐམ་པོ་

Common Opposites

Common Adjectives			Opposites	
1.	Best	ཡག་ཤོས་	Worst	སྡུག་ཤོས་
2.	Biggest	ཆེ་ཤོས་	Smallest	ཆུང་ཤོས་
3.	Fancy	ཡིན་མདོག་ཁ་པོ་	Simple / Basic	དཀྱུས་མ་
4.	Interesting	སྣང་བ་འགྲོ་པོ་	Boring	ཉོབ་ཏོ་
5.	Similar	འདྲ་པོ་	Different	ཁ་ཁ་
6.	Simple Convenient	སྟབས་བདེ་པོ་	Complex	རྙོག་དྲ་ཆ་པོ་
7.	Special	དམིགས་བསལ་	Common	སྤྱིར་བཏང་

Common Adverbs			Opposites	
1.	Calmly	ཞི་བདེ་ཐོག་བྱས་ནས་	Nervously	ཞེད་སྣང་བྱས་ནས་
2.	Easy	ལས་སླ་པོ་བྱས་ནས་	Difficult	དཀའ་ལས་ཁག་པོ་བྱས་ནས །
3.	Loudly	སྐད་ཆེན་པོ་བྱས་ནས་	Quietly	འཇམ་ཧིང་ཧིང་བྱས་ནས་
4.	Happily	སྐྱིད་པོ་བྱས་ནས་	Sadly	སེམས་སྐྱོ་པོ་བྱས་ནས་
5.	Slow	ག་ལེར །	Fast	མགྱོགས་པོ །
6.	Slowly	ག་ལེར་བྱས་ནས་	Quickly	མགྱོགས་པོ་བྱས་ནས་
7.	Well	ཡག་པོ་ཐོག་ནས་	Poorly	སྡུག་ཅག་བྱས་ནས་

Common Verbs			Opposites	
1.	Slip	འདྲེད་བརྡེབ་ཤོར་བ་	Fall	རིལ་བ་
2.	Hold	འཇུ་བ་	Drop	ཟགས་པ་
3.	Pick up	ལེན་པ་	Leave	བཞག་པ་
4.	Push	འབུད་ཤར་རྒྱབ་པ་	Pull	འཐེན་པ་
5.	Put	བཞག་པ་	Take	ལེན་པ་
6.	Throw away	གཡུགས་པ་	Keep	ཉར་བ་
7.	Touch	ཐུག་པ་	Grab	སྦར་འཇུ་རྒྱག་པ་

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